

BBC

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September 2011
AED 15

100+ recipes
inside!

GoodFood

A great start

MIDDLE EAST

- * Back to school lunches
- * Delicious family dinners
- * Cooking in D's Kitchen

WIN
Kitchen appliances,
luxury weekend
getaways, dinners
for two
and more...

TASTY TAKEAWAY
MAKEOVERS

PERFECT
picnics

BENTO BOX
FOR KIDS!

FOODIE
CELEBRATION



FREE

cookery booklet and pull-out recipe cards
with this issue!

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The magic of Perrier...

...watch as it disappears!

This refreshingly-light and sweet cocktail is perfect for a funky party atmosphere. Pour the cold Perrier over the candy floss and see it disappear! Your guests will love it.

Enough candy floss to fill a serving glass. Strawberry will suit this cocktail best, but there is no reason not to have fun with other flavours.

33 cl of Perrier

1 Put the candy floss directly in the serving glass. Offer to let your guest pour the Perrier on top and watch the magic happen! The candy floss melts, the **PERRIER** turns pink and the soft sweet flavour spreads through the bubbles.

This way of presenting Magic Perrier is ideal for a beach party, or even a unique children's party as it is colourful and interesting to watch. The magic mixes with the Perrier bubbles; memories reappear as an ingredient disappears! An affectionate way to sublimate Perrier.



REFRESHINGLY UNIQUE



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Win Friday
Brunch for two at
Aquarium, Dubai
Creek Golf & Yacht Club



Details on page 4

EDITOR'S NOTE



New beginnings

Home from holidays, children back to school and with the holy month of Ramadan behind us, it is time to get back into routine and enjoy the everyday joys of cooking and eating well. August was a month of reflection, a time to slow down and take things in; whether through fasting, or just having time to think over a relaxing vacation. We hope you enjoyed many of the delicious Iftar feasts across the UAE or had safe, fun foodie holidays. Getting back into good eating habits after a long break can be tricky, but no need to fear, we are here to help...

This month's issue is packed with easy, healthy, money-wise dishes the whole family will love. It is time-consuming and expensive to create different meals for adults and kids, so we have put together many versatile recipes to suit every palate. Farah Sawaf's thick 'pasketti' spaghetti, with a tablespoon of cinnamon, is family comfort food at its best, and Dalia Dogmoch's peanut butter French toast with berries (our cover star this month) is a yummy weekend treat for your kids.

Concentration and energy is vital for children to get the most out of their busy school day, and nutrition is so important to ensure this. We get a nutritionist's advice on what your kids should be snacking on, and present some delicious, easy lunchbox items. To create something special for your kids, Nausheen Noor plays on the recent bento-box craze and makes some intricate Japanese-inspired healthy lunchbox treats.

We hope you enjoy every morsel of this issue!

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, Editor
lauren@cpidubai.com



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Contents



10

UPFRONT

4 CRAZY FOR COMPETITIONS

WIN romantic dinners for two, much needed weekend getaways, kitchen appliances and more...

5 FOODIE FAVOURITES

This month's top ten news, events and trends

10 OFF THE SHELF

Gifts, goodies, gadgets and foodie accessories to help your kids enjoy getting back to school

12 HIDDEN GEMS

Food blogger *Arva Ahmed* looks beyond the fancy restaurants to share her hidden ethnic gems of the Dubai dining scene



38

EVERYDAY

18 MAKE IT TONIGHT

Quick and delicious supper ideas for the family

24 LIGHTER ITALIAN CARBONARA

All the flavour, less the fat

26 MONEY-SAVE RECIPE IDEAS

We give you some yum wallet-friendly recipes

30 THE ABC'S OF CHILD NUTRITION

Get your kids to eat healthier with our nutritionist

32 PACK A HEALTHY LUNCHBOX

Delish, healthy lunchbox ideas to keep you and your children inspired all week

36 BRILLIANT BRAZIL NUTS

Rich and creamy and full of nutrients, get cooking with this fashionable nut

38 HEALTHY AND DELICIOUS

Ready in less than 30 minutes, we bring you some innovative dishes

42 BENTO BOXING

Be creative and learn how to jazz up your little one's lunch box with *Nausheen Noor*

46 ANTIPASTI IDEAS

Impress friends with these cold meat snacks



50

CHEF'S BITES

50 EXPLORING SOUK AL BAHAR

Fancy a night out but don't know where to go? We explore a few restaurants in the enchanting Souk Al Bahar

54 EAT OUT

We take a sneak peek at Rococo's new menu to be launched this month and try out Dubai's first licensed Anatolian restaurant

56 COOKING IN D'S KITCHEN

This week Dalia whips up a vibrant breakfast, a tasty lunch and a healthy dinner option that is guaranteed to please all



56



TRAVEL

60 COAST TO COAST

BBC Good Food ME traverses the UAE and presents four places to stay in Ras Al Khaimah and Fujairah

64 EUROPEAN CHRISTMAS MARKETS

Christmas may not be on your minds quite yet, but if you are planning a December break, now is the time to book flights and hotels. *Dave Reeder* gets into the spirit to share some of his favourite European Christmas markets



64



82

78 COOKING WITH A MANICURE

Our fashionable foodie *Farah Sawaf* shares four healthy, homely meals that your kids will love

82 CELEBRATE IN STYLE

Create a perfect spread for a summer party your friends won't forget in a hurry

90 LEARN A NEW SKILL – COOKING MUSSELS

Follow Mary Cadogan's step-by-step guide to preparing mussels

94 SHARING BIRTHDAY MENU

There is nothing more fun and relaxed than sharing food; enjoy the celebrations!



94

WEEKEND

70 LIGHTER TAKEAWAYS

All the enjoyment of your favourite foods with half the guilt – try our lighter fish and chips, pizza and kebabs

74 PERFECT PICNICS

Brush up on your picnic ideas and be prepared for the cooler weather with our eye-catching, yummy recipes



98

LAST BITE

98 GREAT SCOTT

We catch up with executive chef of Verre by Gordon Ramsay for a last bite



56

Our recipe descriptions

- V** Suitable for vegetarians
- F** You can freeze it
- N** Not suitable for freezing
- P** Contains pork
- A** Contains alcohol
- SH** Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- LF** Low fat 12g or less per portion.
- GF** Good for you Low in saturated fat, low in salt.
- HH** Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

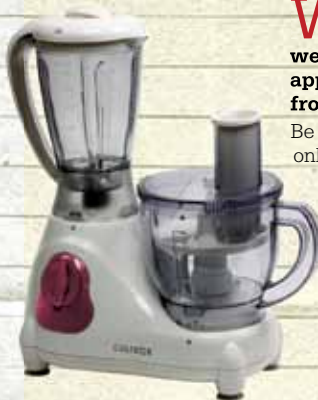
- contains pork **P**
- contains alcohol **A**

Crazy for competitions

Win luxury hotel stays, gourmet dinners, foodie hampers and more...



WIN **Friday Brunch for two at Aquarium, Dubai Creek Golf & Yacht Club** Savour a delicious selection of the freshest seafood, salads, cold cuts, sushi, meat carvery and gourmet desserts. Panoramic views of Dubai Creek and built around a four meter high aquarium, this is a Friday brunch not to be missed.



WIN
weekly home
appliance prizes
from Culin'Or

Be sure to get online to enter this September to stand your chance to win a different Culin'Or home appliance every week.



WIN **a place for two Park Hyatt's Masters Food and Wine event** Taking place on 24 September in Traiteur, you can win the chance to enjoy live cooking demos, a wine tasting session and a sit-down meal. Valued at AED 500 per person, be sure to enter in.



WIN **Win a family dinner from Casseroleonline.com worth over AED 300.** Dubai's new and unique food delivery concept is giving away a family dinner from their menu. The prize includes a choice of 2 medium salads, a family sized main course and a medium dessert of choice. Also includes free delivery. Enjoy!



WIN **Dinner for two inclusive of soft beverages at Churrasco Nights at Ember Grill and Lounge.**

Join the fiesta with traditional Brazilian churrasco nights at Ember Grill and Lounge. Enjoy succulent pieces of grilled beef and seafood on skewers, carved at your table by passadors. Food is served in a vibrant carnival atmosphere and accompanied by a live Brazilian band. Available every Friday for dinner at Ember Grill & Lounge, The Address Dubai Mall



WIN

An overnight stay and dinner at Porto Bello at Grand Millennium Al Wahda Abu Dhabi

Enjoy your stay in a superior room at the Grand Millennium Al Wahda, an elegant deluxe hotel in downtown Abu Dhabi, as well as dinner for two at Porto Bello, offering the best in Italian hospitality. The restaurant offers regional specialties prepared with a contemporary twist, accompanied by unparalleled service and exceptional Italian pizzazz.



WIN

Dinner for two at M's Restaurant, Emirates Golf Club, Dubai

M's is the mouth-watering new restaurant at Emirates Golf Club. Using the finest ingredients, the menu at M's mixes Mediterranean flavours with Middle Eastern promise. Inclusive of a selection from the cold buffet, offering a delicious selection of Antipasti and Mezze to start, choose your main course from an exquisite a la carte menu that includes M's signature skewer, finish off with a dessert of your choice and soft beverages.



WIN **Dinner for four at Forty Carrots, Bloomingdale's Dubai.**

Forty Carrots, the signature restaurant of Bloomingdale's department store located on the second floor of the Dubai Mall, offers an appetising modern menu, with healthy entrees served in an upbeat casual environment. Awash with garden-inspired colours, contemporary design and a light and lively atmosphere, it is the perfect place to relax after a long shopping day. The menu features their frozen yoghurt in addition to their daily specials including homemade soups, salads, organic bread sandwiches, grilled chicken and fish.



WIN **a night's stay and breakfast for two at Hilton Fujairah.** Enjoy a night stay at the lovely, relaxing Hilton Fujairah beach resort, and enjoy pool access, beach facilities, and more in a fantastic city break. Breakfast is included.

To stand a chance to win these prizes visit our competitions page on www.bbcgoodfoodme.com and fill out the forms; it is so easy to do!



Il Caffè di Roma: where the excellence of the Lavazza espresso blends with the pleasure of the break.



Il Caffè di Roma is the Italian coffee-house chain run by Lavazza. An espresso at Il Caffè di Roma is an experience to be enjoyed to the full: the friendly, relaxed atmosphere, infused with warm colors and the aroma and flavor of genuine Italian espresso coffee.

Il Caffè di Roma is the place to enjoy a special Italian break: a wide selection of coffee specialties, ranging from the classics to some highly creative recipes, created exclusively for Il Caffè di Roma, all waiting to be discovered.

Welcome to Il Caffè di Roma, welcome to Italy.

Bahar. The walk @ Jumeirah Beach Residence - Tel. 044370228



TORINO - PARIGI - ROMA - MADRID - BARCELLONA - LISBONA - IL CAIRO - DUBAI - DOHA-ALEPPO

Top 10 foodie moments

From top restaurants to try, quirky foodie moments, the best deals in town and nutritious information, *BBC Good Food ME* keeps you in the know

1 MINGLE WITH THE MASTERS

Don't miss out on Park Hyatt's fabulous Masters of Food and Wine evening this month. You will have the opportunity to see some of Dubai's talented chefs and sommeliers show off their culinary expertise and wine knowledge, creating a top-quality dining experiences for you to not only enjoy, but learn to replicate in your own homes.



Each chef will be showcasing a different style of cuisine – Arabic, French and Thai. The interactive sessions will give you a vast insight into the secrets of producing exquisite food with local produce - the pièce de résistance being the Omani Lobster.

You can take part in three interactive cooking demonstrations followed by a wine pairing demo and tasting session. Here, an experienced sommelier will teach you to match various regional wines with a variety of nibbles. The evening ends with an intimate

meal where guests will have the chance to socialise and enjoy the delights of the day's cooking. Choose how you would like your Omani lobster prepared – Arabic, French or Thai style, and delight in this as your main course.

This Masters of Food and Wine festival is running as part of a global Park Hyatt initiative that sees each hotel celebrate culinary joys of food and wine in different ways. If you are a foodie looking for a gastronomic adventure, then be sure to check out the Park Hyatt Shanghai Masters of Food and Wine festival, that sees Michelin-starred masters like Alain Ducasse whipping up a storm, among many others.

Priced at AED 500 and limited to only 45 people, *BBC Good Food ME* encourages you to jump at the opportunity before spaces run out. It will be held on Saturday 24 September at Traiteur, Park Hyatt Dubai. Reservations may be made by emailing restaurants.dubai@hyatt.com or by calling +971 4 317 2222.



2 Going home

After his London restaurant won a Michelin star and Indego, his Dubai outpost in Grosvenor House, continues to delight, what next for one of our favourite chefs, the ever modest and charming Vineet Bhatia?

Well, a return to his roots.

Approached by Fox History & Traveller, he has been criss-crossing India with his wife Rashima for a new TV series, *Twist of Taste*. The concept is simple: visit 13 locations and try either classic or unusual dishes, then reinvent them - remember his chocolate samosa?

So, for example, he delivers a white butter chicken, causing confusion amongst Indian chefs who wonder where the red colour has gone! In fact, he merely did the Gary Rhodes trick for white tomato soup: hang the veg in muslin overnight and use the juice which drops through. All the taste and none of the colour...

Yet, even for an Indian chef of such skill, Bhatia found himself amazed at times, for example at the enormous kitchens of the Golden Temple where volunteers cook kadha parshad for up to 80,000 people on weekends. "20 of us can fit into the karahis where the food is cooked and I couldn't even move the giant karchis to make the halwa," he recalls.

Yet even here he reinvented a classic for Amritsar's well-known Kesar Da Dhaba vegetarian restaurant. He transformed the restaurant's Maa ki dal (black gram dal) into a kofta, splitting the lentils into gravy and dried koftas.

"Food should tickle your curiosity and make you ask questions about it, even as it brings back memories of flavours you have grown up with," he insists.

foodie moments



3 Marvellous moon cakes

From Hong Kong to Dubai – it is time to celebrate the ancient Chinese Full Moon festival. Succumb to your sweet tooth and treat yourself to an array of scrumptious cakes and other naughty nibbles.

Traditionally in China, this holiday signifies the end of the autumn harvest when the moon is at its fullest and most spectacular. Family members and friends crowd upon mountain tops to get a glimpse of the season's auspicious full moon whilst satisfying their appetites with sweet moon cakes.

Why not join in on the festivities here in Dubai. Get down to Long Yin, Le Meridien on the 12th September to feel the essence of this age old Chinese holiday. Celebrate in style under the moon light whilst devouring their very own moon cakes and marvel at the intricate detail that goes into every one.



4 A taste of Argentina

Step up to the 'plate' this September and head to Sloane's Argentinian themed brunch. Tantalise your taste buds with their large variety of traditional Argentine dishes.

Why not share some tasty appetisers of beef empanadas and chicken escabeches. The must have main- carbonada criolla (a Patagonian lamb stew) is simply delicious and is followed perfectly by the delightfully decadent dulce de leche dessert. Don't forget to enjoy some of the very best 'a la minute' cuisine courtesy of the restaurant's open show kitchen.

Situated on the mezzanine level of Grosvenor House Dubai, Sloane's trendy terrace boasts some of the most exceptional views of Dubai marina. The atmosphere is lively, and with its contemporary and spacious feel, the dining experience is sure not to disappoint.

The Argentinean themed brunch buffet is available every Friday throughout September from 1pm to 4pm for AED 220 per person (excluding drinks).



5 New menu at WEST 14TH

The restaurant made waves last year as a nominee for 'Best New Restaurant' in the BBC Good Food ME awards, and this steakhouse is just getting better.

Situated in the Oceana Beach Club on The Palm Jumeirah, the restaurant is dimly lit and warmly atmospheric with soft leather couches, masculine wooden and brick interiors and views into the action of the kitchen.

As a New York-style steakhouse, it is of course known for its great quality cuts

of meat, cooked to perfection, but what really stood out for us was the delicious starters, and interesting accompaniments that made these yummy meat mains even better. The new menu will most definitely not disappoint.

Check out the 'Chef's Special' section which includes four new dishes on the West 14th menu including a revamped juicy Wagyu Burger accompanied by egg croquette, truffle hollandaise and chef's debonair blueberry BBQ sauce.

Another seductive dish to look out for on the chef's corner is the caramelized scallop with a warm potato salad and lamb chorizo. The butter poached lobster in toast is the other tempting new dish on the chef's special list accompanied by compressed watermelon and wasabi and mango salad. Not to forget the flavoursome halibut with herbs risotto cake and softened leek and lobster bisque is a must to try.

BBC Good Food ME can attest that the signature West 14th cheese cake, which offers a mix of mascarpone, white chocolate and an injection of bourbon vanilla sour in the middle, is absolutely divine.

For the meat fiend, with a huge appetite, try the 1kg cowboy Tomahawk steak or the Canadian rangeland bison among the many meaty new dishes to try.

foodie moments

STOP PRESS: London's award-winning Argentine restaurant, **Gaucha**, will open in the Dubai International Financial Centre (DIFC) this month!



6

The wonders of watermelon

On a hot summer day, nothing refreshes quite like a crisp, juicy slice of cool watermelon. Made up of a staggering 92 percent water, it makes a very healthy and rehydrating snack.

This low calorie fruit will do you the world of good. With its flesh full of lycopene to help eradicate the bodies' toxins and its pips an excellent source of minerals and proteins, the watermelon seems to have it all! Yet the health benefits do not stop there, it is also a great source of vitamin C which helps strengthen immunity, heal wounds and prevent cell damage.

What's more, it is incredibly versatile. Not only is it a thirst clenching snack, it is a great addition to a summer salad, give our watermelon & herb salad with grilled halloumi a go at bbcgoodfoodme.com. The sweet taste of watermelon compliments the salty cheese - feta can also make an interesting alternative. Or for a refreshing party drink, why not impress your friends with a sophisticated watermelon martini.

7 Still no reservations?

Wonder what travelling chef, Anthony "I'll eat anything" Bourdain is up to these days? Well, his Travel Channel series continues but he's also involved in what he calls "an uncompromising new food publication and suicidal project".

It certainly looks astounding, especially in an age when we're told that magazines are like dinosaurs and the future is digital. From McSweeney's - publisher since 1998 of the quirky but indispensable literary magazine, McSweeney's Quarterly, Lucky Peach is about the wildest magazine for food enthusiasts we've heard of in a long time!

Created by David Chang (NYC-based chef behind Momofuku), each 200-page issue will focus on a single topic, mixing travel pieces, essays, art, photography, interview and - lest we forget - recipes. Oh yes, there's also no advertising...

Issue one, which looks like a sell-out, has 200 pages about ramen. Who could resist?



8

A different SORT OF CELLAR

Hear the word 'sommelier' and you immediately think of wine. However, it originally meant a butler and the word is increasingly being attached to 'salt' - a salt sommelier being an expert who selects the most appropriate salt to accompany your meal.

We first came across the concept a couple of years back when the Anantara Dhigu Resort & Spa in the Maldives introduced a salt sommelier at its fusion restaurant Fuddan. Holiday makers from the Emirates returning with tales of this new wonder and it was, inevitably, only a matter of time before the idea caught on here.

It would, at this point, be against the spirit of culinary invention, table-side bling and typical Dubai excess to raise a warning whisper about the dangers of too much salt in your diet. Less not more is what the health experts tell us, but what do they know about the delights of smoked Salish salt from Washington State on your grilled meat? Or smoked salt from Bali bringing out the flavours of your tuna, marinated in coconut and kaffir lime leaves? Or pink Peruvian salt, collected from natural springs high in the Andes? Or Cyprus black lava flake? And so on and on...

9

Middle Eastern MARTHA STEWART?



BBC Good Food ME would like to welcome you to Beit Omayma (Omayma's home). However, we do warn you it's hard to keep up with her! She had just launched a new online life style, fine dining, floral and home decor programme. Is there anything she can't do? Omayma, well known for her sense of humour and her love for entertaining is certainly one of a kind, being dubbed the 'Martha Stewart of the Middle East', she can

turn her hand to anything. When taking time out from her humanitarian duties, she has become a well known UK-based leader in fine dining Arabic cuisine. Coming from an Iraqi-English origin she mixes the great tastes of the Middle Eastern world with a contemporary western style. For inspiring tips to re-vamp the house, arrange a heavenly display of flowers and cook the perfect spring lamb ouzi, with effortless style of course, go to www.beitomaima.com.

10

Dukan do it



Arguably the most talked about diet plan of the moment, the Dukan Diet by French Nutritionist Pierre Dukan is sweeping the world of celebrities, with Carole and Pippa Middleton attributing their slim and toned figures to it, as well as Gisele Bundchen and Jennifer Lopez.

Is this just the latest in a long queue of fad diets? It sounds pretty good to us, so we explore how it works and if the pounds actually stay off.

Pierre Dukan believes the key to losing weight naturally is by returning to the foods eaten by primitive man: proteins and vegetables. He guarantees that if you stick to his advice you will lose weight regularly and then maintain the post-diet weight. This diet also includes the magic words 'Eat as much as you like!', which is always music to our ears.

The diet is structured into four phases. A brief and testing 'Attack Phase', made up from 72 high-protein foods (lean meat, eggs and non-fat dairy) with immediate results. Next comes the 'Cruise Phase', where recommended vegetables are introduced to the diet. The 'Consolidation Phase' follows, which prepares the body for the return to a balanced diet. This includes the occasional meal or two out and a monitored amount of fruit and carbohydrates. Finally, the Stabilisation phase, although the easiest stage, it is the most essential as it avoids the pitfalls of other diets where 95 percent of people put the weight back on.

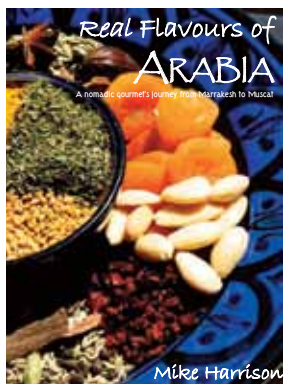
Throughout all the stages, dieters are instructed to exercise for 20 to 40 minutes a day, drink 1 litre of water and have a daily portion of oatbran.

While followers of the diet have been outspoken with their praise of the regime and their subsequent weight loss; equal numbers have complained of the expense, the difficulty in finding the allowed foods, the inflexibility when fitting the diet into their everyday life and more embarrassing problems such as dry mouth, bad breath and constipation.

Our Arabian foodie traveller

If you've enjoyed the gastronomic adventures that Mike Harrison has shared with us in our last two issues as much as we have, you might be interested in picking up *Real Flavours of Arabia*, Mike's second book that follows his passion for tasting, testing and enquiring in the kitchens of innumerable family friends and five-star hotels.

In *Real Flavours of Arabia* Mike shares the story of his unique relationship with Marrakesh, Tunis, Aswan, Aleppo, Sana'a and Muscat. He takes the reader deep into the culinary traditions of these vibrant cities.



A feast for the senses - Vitaliano by Silit



Inspired by the Mediterranean joy of life, Vitaliano is a contemporary interpretation of Italian design and is characterized by robust yet sleek, conical lines, – a formal expression of Italian splendour. These high-tech Silargan pots make their appearance in two different shades – an ardent Rosso, and a creamy Marrone.

Silargan is an innovative cookware material made by Silit in Germany. It has a high-gloss surface, with even heating throughout making it good for cooking, frying, storing and serving. It is nickel-free and anti-bacterial, and induction compatible bringing together good taste, wellness and ecological awareness.

There is a pot to serve every purpose and to match every occasion, whether you want to prepare antipasti, spaghetтата grande or several courses with everything from carne to contorni. Low and high casseroles, a sauce pan and a stock pot with see-through lids offer flexibility and versatility for opulent cooking sprees and exuberant feasts.



Tavola stores are located in Mall of the Emirates, Level-2, 04-3402933; Century Plaza, Jumeirah Beach Road, 04-3445624; Spinney's Centre, Umm Suqeim, 04-3948150; Emirates Hills, Town Centre, 04- 3618181; Mirdif City Centre, Mirdif, 04-2843548

Silit

TAVOLA

Off the shelf

Fabulous accessories, goodies, gadgets and appliances to make your cooking and dining that much more fun



TUPPERWARE TURNS

Forget the standard rectangle box and lid that pops into your head when you hear the word tupperware, the new range of fun, oval lunchboxes with connectable lids are compact, but very practical too. AED 50 from Tavola stores across the UAE.



FUNKY PEPPER

Who says washing up isn't fun? Grab a colourful dish cloth in a variety of designs to make small light work of drying dishes. Available from Crate & Barrel.



NO PRESSURE

Use the Fissler pressure cooker to slow-cook dishes to perfection. Available from Tavola stores across the UAE.



BRIGHT IDEA

Hydration is key for keeping your children's energy levels at its peak. Pack water, all-natural fruit juice or a healthy smoothie in these fun Sistema squeeze bottles. AED 25 from Tavola.

MILK WITH AN ARABIAN FLAVOUR

Al Ain Dairy has launched a new cardamom- and date-flavoured milk. Delicious milky flavours of the Middle East, pop it in your child's lunchbox for a yummy portion of calcium.



INDOOR GRILL TIME

It's not quite barbecue season yet, but that's no reason not to turn on the grill. This Philips stainless steel table grill has plenty of power to seal in the flavour, plus a digital temperature control for perfect results maintaining a constant cooking temperature with perfect precision. Create healthy, grilled food for your family with ease.



SHARING SALAD

Get into the habit of placing big salads on the table to share with your family before the main meal. Bloomingdales have some beautiful, rustic designs.



PASS THE SALAD DRESSING

You've packed your yummy salad for lunch the next day, but don't want to wilt and over-flavour the lettuce by putting the dressing on too soon? Sistema lunchboxes with its separate salad dressing container and segments, makes eating your office salad a pleasure. AED 50 from Tavola.



MOROCCAN MOMENTS

A high-quality piece of ceramic ovenware by Emile Henry, the tagine is not only beautiful, but functional and durable too. If you've been intrigued to create a slow-cooked Moroccan stew, now's the time to do it in style and pick up an Emile Henry beauty from Bloomingdales, Dubai mall.



ARABIAN TOUCH

Evoke the beautiful tradition of Middle Eastern geometric design in fun, retro colours with these placemats and coasters from Bloomingdale's Home, Dubai Mall.

THE ESSENTIAL MIX



Indulge in the perfect blend of Asian-Californian cuisine, lush
ambience and mesmerising sounds in the epitome of style, brought
to you by the creators of Buddha Bar.

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www.karma-kafe.com/sublime sounds by resident dj ralph k

Tasting curry in an older part of town

Food blogger *Arva Ahmed* of the deliciously-inquisitive and witty food blog *I live in a frying pan* looks past the glitz of Dubai's fancy restaurant scene and into the heart of the simple, curry eateries

Something about crawling into a tiny, hidden shack serving up Sri Lankan kottu roti in some back alley of a city gets me giddy with excitement. Poking my paws into a Kolkata chicken and egg kaati roll, lovingly wrapped by an expat trying to recreate the flavours of his home-town kitchen. Muting out the ambiance, implicitly agreeing with the chef that if I'm at his table, all my senses will be tuned in to nothing else but those tandoor-fresh potato kulcha breads dunked into bowls of spicy Punjabi chole.

If you look past the fancy hotels and listen closely, what you will hear from deep within the bowels of Old Dubai are the modest voices of hole-in-the-wall eateries. Those that have been spooning out years of ethnic tradition in some little corner of Bur Dubai, Deira or Karama. Those that will do away with pretty linens and sparkling silverware, rolling up their sleeves to dish out authentic home-style fare to their immigrant brothers in Dubai. Those that will give you a taste of their country, all for an unbelievably dirt-cheap price.

With the holy month of Ramadan behind us and bellies full of lavish hotel iftars, now is the perfect time to taste the curry in another part of town. Here are some explosively flavourful ethnic finds that would not demand an airticket to a distant city. They're right here, in our very own Dubai.

Xiao Wei Yang International Restaurant (Deira, 04-2215111)

Up for a rowdy evening of table-cooking, noodle-splashing and chopstick-spearing? Grab a hungry army of friends around a Chinese yin-yang hotpot of part spicy, part mild herbed broth, and toss in a mountain of raw ingredients: beef strips, fishballs, prawns, crabs, mushrooms, tofu and irresistible hand-pulled noodles, to name a few. As the broth sizzles up your meal, snack on a slice of scallion pancake dabbed with leek chutney, or nibble on a spice-rubbed rib of BBQ'd lamb. You may need a stretcher to wheel yourself out once the evening is over, but the stuffed belly syndrome will be well-worth it.

Al Ammor (Al Mamzar, 04-2972778)

Bowls of koshary – a mishmash of soft green lentils, chickpeas, rice, macaroni, spaghetti, crunchy onions – leave no doubt that Egyptians have mastered the art of comfort food. Equally soothing are thin folds of crispy feteer bread, slathered with chicken and Kraft cheese. If carbs are evil, then Al Ammor makes it deliciously fun to sin.



Eric's in Karama is a homely Portuguese-style Goan eatery



Chinese Yin Yan Hot Pot, Xiao Wei Yang

Daily Restaurant (Bur Dubai, 04-3373213)

No die-hard foodie in the city will take you seriously until you have pulled up a chair at the Daily Restaurant. If you distinctly taste the yoghurt-marinated Behari kabab flavour in your mouth, but cannot feel any chewy resistance against your teeth, it may well be because the beef has transformed into a tartare-like butter. Should you still be skeptical, the slow-cooked Naihari mutton curry paired with cardamom-tinged Sheermal bread will reaffirm that there is meaty magic going on in these Indo-Pakistani kitchens.

Eric's (Karama, 04-3964447)

Something about this little Portuguese-style cottage nestled in an overlooked corner of Karama, speaks of family, love, and gobsmackingly glorious Goan seafood. Must-haves include butterflied prawns fried to the ultimate bread-crumb crunch, shrimps stuffed in cigar-like papadums, pomfret sunbathing in lemon and red chilli Recheiado paste, and the diva of them all, the Bombil fry, a silky fillet of Bombay duck veiled under a crunchy semolina sheet. If you run into Mr Eric himself, don't be surprised if you find yourself embarrassingly effusive with seafood sentiment. I know I did.

Singapore Deli (Karama, 04-3966885)

A deli that is Singaporean by name, but Malaysian-Indonesian by menu, Singapore Deli dishes out sticky peanut-pumping sambal tempe - sweet, salty, nutty flavours that had us shouting Encore! seconds after the first plate had been demolished. For those perplexed with the alien names on the menu, here is your friendly cheat-sheet: satay-drenched tahu goreng tofu, insipid-sounding but shockingly flavorful "chicken rice steam," spring roll-like tahu isi, and peanut-powdered vermicelli of Mehoon Seafood. Oh, and a cup of frothed ginger tea tarik to revive yourself from food coma after the feast.

Khatmandu Highland Palace Restaurant (Bur Dubai, 055-1742232)

Finding this palace on "-1" of a building buried in Meena Bazaar is not a task for the faint-hearted. The good news is that their cell-phone equipped server will personally retrieve you from the streets should you be lost. And the best news is that they serve up authentic Nepalese momos, steamed dumplings that burst into chicken or veggies at the touch of your fork. Also needy for your fork's attention will be the tender nuggets of chicken sekuwa, boasting a crisp golden-brown crust that will make you long for them as an exotic alternative to popcorn the next time you are at the movies.

Other secrets worth a taste:

Potato-stuffed Punjabi kulchas bread from the tandoors of Kulcha King (Karama, 04-3278622); iskendar kababs doused with Shikidim's smoky-sweet tomato gravy (Deira, 055-9999394); Akbar's pani puri counter spinning out crunchy baby balloons overflowing with potatoes, chickpeas, spicy water and tamarind chutney (Deira, 04-2288789); Shiraz's flavour-busting chicken and egg kaati rolls (Bur Dubai, 04-3589818); and meaty strips of Korean bulgogi and braised beef stew at Shogun (Deira, 04-2285568).



Dig in and enjoy the hot pot, Xiao Wei Yang



Rawa-fried prawns, Eric's



Sambal Tempe Singapore



Veggie Momos Khatmandu

You can follow Arva Ahmed's ever-hungry crawl through the dog-eared corners of Dubai at www.iliveinafryingpan.com. Join her on a journey where things are always sizzling, always popping, never boring, revealing golden brown discoveries in places, scorched black disasters in others, and relentlessly crackling with an obsession for food that must be shared with anyone who dares to venture beyond the mainstream, the cushy, the hyped, and turn up some dangerously delicious heat on hole-in-the-wall ethnic kitchens of Dubai.



Reignite your passion for cooking

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Residents across the Gulf who have a passion for cooking are rewarded with a new range of electrical appliances and cookware products that are now available in the region. The Culin'Or brand encompasses a collection of home food processing items that have been designed to meet the needs of the home "chef" for whom cooking is much more than just a chore.

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"The motto for the Culin'Or brand is 'J'adore Cuisiner' which is French for 'I love cooking' and that is the essence of our new range of products. Culin'Or represents high quality cookware items and appliances that are formulated for consumers who take pleasure from preparing meals without compromising on quality or standards of living" says Amanda Gordon, Culin'Or Brand Manager at Royal House Lifestyle General Trading, a Subsidiary of Bahman Enterprises, who are the Authorised Distributors of Culin'Or for the UAE.

"Our appliances and cookware items are all manufactured to the highest standards, are eco-friendly, safe for the environment and thoroughly tested to ensure they enjoy a long life creating outstanding dishes," she adds.

The Culin'Or electrical appliances are manufactured to the highest standards. As with the brand's cookware collections, these heavy household goods boast more advanced features than their equivalent rival brand products; something that has been accomplished by Culin'Or by controlling all aspects of the business through the supply management, from production to after sales service.

Ms Thurayya Bahman, CEO of Bahman Enterprises states that: "Effectively, in doing so we have been able to offer the Culin'Or range of products and services at extremely competitive prices giving their relative standards of quality without the additional charges that most brands owners are forced to pass on to consumers. We handle all elements of production for Culin'Or products from factory floor to shop shelf. This means that consumers can expect to pay significantly less than equivalently featured items."

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**Culin'Or
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**Culin'Or
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Culin'Or Kettle

Standardisation and Metrology Authority (ESMA), the Saudi Arabian Standards Organization (SASO) and the Dubai Central Laboratory.

"All of our offerings in each range undergoes rigorous laboratory testing at the factory to ensure that they are ergonomic, durable, easy to use and above all, safe," says Bahman.

"Culin'Or cookware products are free from potentially hazardous materials that are sometimes used in the manufacturing process for these items and our electrical appliances also have consumer safety as their number one priority," she adds.

Culin'Or provides all products with a three-year guarantee against defects in parts and workmanship, as opposed to the industry standard two-year warranty offered by equivalent items. Culin'Or products have a 360 degree service plan that spans from pre-purchase experience from the in-store experts to post-purchase reassurance provided through its fully equipped service centre in Al Quoz, Dubai.

The Culin'Or ranges of cookware and electrical kitchen appliances are now available through major retail outlets in the UAE.

CULIN'OR – J'ADORE CUISINER!

Culin'Or is the newly-introduced premier cookware and electrical appliance brand that is now available for regional distribution. The range of light and heavy household products in the Culin'Or range provide a high quality finish and enhance the overall cooking experience through safety and ease of use. Culin'Or products are highly competitive in pricing due to the brand handling all aspects of the supply management and sales, to after sales service, by bypassing the need to transfer on additional middle agent surcharges to consumers. All products within the Culin'Or product ranges are free from harmful compounds used in the manufacturing process and are food safe for the consumer's health and the environment. Culin'Or products come with a three-year warranty against defects in parts and workmanship as opposed to the industry standard two-year guarantee. centre to respond to any enquiries



Big-batch Bolognese

SERVES 12 ● Easily halved ● Prep 25 mins ● Cook 1½ hrs **Easy** **Superhealthy** Low fat

4 tbsp olive oil
6 smoked bacon rashers, chopped
4 onions, finely chopped
3 carrots, finely chopped
4 celery sticks, finely chopped
8 garlic cloves, crushed
2 tbsp dried mixed herbs
2 bay leaves
500g/1lb 2oz mushrooms, sliced
1½kg/3lb 5oz lean minced beef (or use half beef, half pork mince)
6 x 400g cans chopped tomatoes
6 tbsp tomato purée
large glass red wine (optional)
4 tbsp red wine vinegar
1 tbsp sugar
Parmesan, to serve

■ Heat the oil in a very large saucepan. Gently cook the bacon, onions, carrots and celery for 20 mins until golden. Add the garlic, herbs, bay and mushrooms, then cook for 2 mins more.

■ Heat a large frying pan until really hot. Crumble in just enough mince to cover the pan, cook until brown, then tip in with the veg. Continue to fry the mince in batches until used up. Tip the tomatoes and purée in with the mince and veg. Rinse the cans out with the red wine, if you have some, or with a little water, then add to the pan with the vinegar and sugar. Season and bring to a simmer. Simmer slowly for 1 hr until thick and saucy and the mince is tender. Serve with pasta and Parmesan.

PER SERVING 295 kcals, protein 34g, carbs 13g, fat 12g, sat fat 4g, fibre 4g, sugar 11g, salt 0.87g

* For more tasty recipes created with Culin'Or products be sure to pick up the recipe booklet with this issue or follow Culin'Or - J'adore Cuisiner on Facebook and Twitter.



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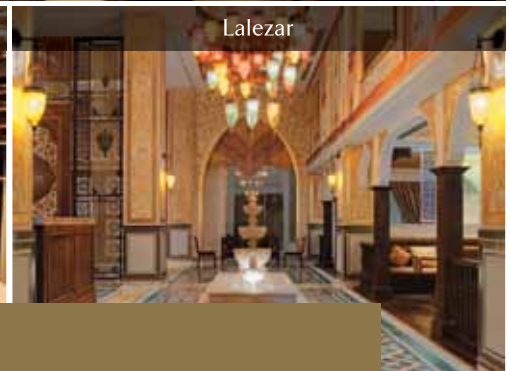
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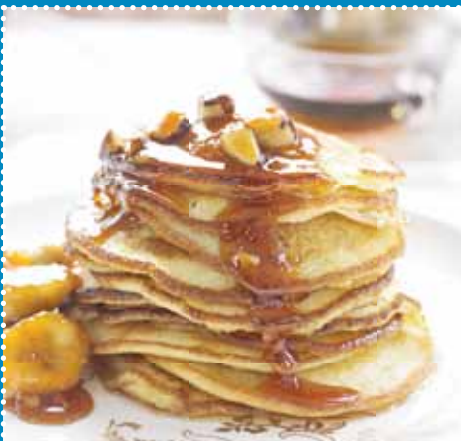
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26 Black pudding potato
cakes with fried eggs
& tomato chutney



36 Buttermilk pancakes
with sticky bananas and Brazil nuts



21 Mediterranean
chicken tray bake



Everyday recipes

- Make it tonight
- Spaghetti Carbonara
- Budget midweek meals
- The ABC's of nutrition
- Stylish antipasti

40 Indonesian prawn
and green bean curry



39 Falafel flatbreads
with tahini sauce



47 Mini prosciutto &
asparagus frittatas



EVERYDAY

Make it tonight

Whatever the mood, you'll find a quick supper to suit your household

Recipes ROSIE REYNOLDS
Photographs WILL HEAP



Mediterranean chicken tray bake

SERVES 4 ● PREP 15 mins ● COOK 40 mins

Easy

2 red peppers, deseeded and cut into chunks
1 red onion, cut into wedges
2 tsp olive oil
4 skin-on chicken breasts
½ x 150g pack full-fat garlic & herb soft cheese
200g pack cherry tomatoes
handful black olives

1 Heat oven to 200C/180C fan/gas 6. Mix the peppers and onion on a big baking tray with half the oil. Transfer to the oven and cook on the top shelf for 10 mins.

2 Meanwhile, carefully make a pocket between the skin and the flesh of each chicken breast, but don't pull off the skin completely. Push equal amounts of cheese under the skin, smooth the skin back down, brush it with the rest of the oil, season, then add to the tray along with the tomatoes and olives. Return to the oven and cook for 25-30 mins more until the chicken is golden and cooked. Serve with baked potatoes, if you like.

PER SERVING 401 kcs, protein 45g, carbs 9g, fat 21g, sat fat 9g, fibre 3g, sugar 8g, salt 0.63g

Indian crumbed fish with spicy chips

SERVES 4 ● PREP 15 mins ● COOK 35 mins **Easy** Good for you, Low fat

3 large potatoes, cut into skinny chips
1 tbsp curry paste
1 tbsp vegetable oil, plus extra to drizzle
1 large garlic & coriander naan bread
1 tbsp curry powder
450g/1lb sustainable white fish fillets
tub raita or mango chutney and lemon wedges, to serve

1 Heat oven to 200C/180C fan/gas 6. Toss chips with curry paste, half the oil and some seasoning on a baking tray, then cook for 20 mins on the top shelf.

2 Meanwhile, toast the naan in a toaster, then whizz to crumbs in a food processor with the curry powder. Lay the fish on a baking tray, brush with the rest of the oil, then pack the crumbs on top and drizzle with a little extra oil. Transfer the chips to a lower shelf and cook the fish above for 10 mins until crisp and golden.

PER SERVING 351 kcs, protein 25g, carbs 45g, fat 9g, sat fat 2g, fibre 4g, sugar 3g, salt 1.13g

MAKE IT DIFFERENT

Salmon & spring onion hash for 4

Cook potatoes as above. Cook **2 salmon fillets** in the microwave on High for 3 mins, then flake into the potatoes with a **small bunch chopped dill**, **4 sliced spring onions** and some seasoning. Transfer the hash to an ovenproof dish, then flash under the grill until golden. Serve with a **dollop of crème fraîche**.

All baked together –
couldn't be simpler



EVERYDAY



Satisfying supper

Quick mushroom & spinach lasagne

SERVES 4 ● PREP 10 mins ● COOK 35 mins

Easy V 

- 1 tbsp olive oil
- 1 garlic clove, crushed
- 250g pack mushrooms, sliced
- 1 tsp thyme leaves, chopped
- 200g bag spinach
- 300g tub light soft cheese
- 4 tbsp grated Parmesan (or vegetarian alternative)
- 6 fresh lasagne sheets

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in a large frying pan, add the garlic and cook for 1 min. Add the mushrooms and thyme, then cook for 3 mins until they start to soften. Throw in the spinach and stir until the heat of the pan wilts the leaves. Remove from the heat and stir in the soft cheese, 1 tbsp of the Parmesan and some seasoning.

2 Put a quarter of the spinach mix on the bottom of a medium-sized baking dish, lay 2 pasta sheets on top, then repeat until you have used all the pasta. Finish with the final quarter of the spinach mix, sprinkle over the rest of the Parmesan, then bake for 35 mins until golden and the pasta is tender.

PER SERVING 301 kcals, protein 16g, carbs 25g, fat 16g, sat fat 8g, fibre 3g, sugar 4g, salt 1.15g



Rice & bean enchiladas

SERVES 2 ● PREP 10 mins ● COOK 30 mins Easy V 

- 250g pouch microwave rice
- 1 tsp Cajun seasoning
- bunch spring onions, chopped
- 2 large flour tortillas
- 415g can refried beans
- 200g tub tomato salsa
- 150g pot fat-free yogurt
- 25g/1oz cheese, grated

1 Heat the rice following the pack instructions, then stir in the Cajun seasoning and most of the spring onions.

2 Heat oven to 200C/180C fan/gas 6. Spread the tortillas with the refried beans, then top with rice. Spread half the salsa on the base of a baking dish. Roll up the wraps, arrange on top of the salsa, dot over half the yogurt and sprinkle over the cheese. Cook for 30 mins until golden and bubbling. Serve sprinkled with the rest of the spring onions, with the remaining yogurt and salsa on the side.

PER SERVING 634 kcals, protein 31g, carbs 104g, fat 13g, sat fat 4g, fibre 4g, sugar 13g, salt 4.81g

MAKE IT DIFFERENT

Baked Bombay potato wraps for 2

Heat a 250g pouch microwave rice and a 300g pack Bombay potatoes separately, following pack instructions. Stir both together with a bunch chopped spring onions. Use to fill 2 large flour tortillas, roll up and put into a baking dish. Dot 75g fat-free yogurt on top, then bake for 30 mins until golden. Serve sprinkled with a few more chopped spring onions, another 75g yogurt, and some mango chutney, if you like.



Chocolate baked bananas

SERVES 4 ● PREP 10 mins ● COOK 25 mins **Easy**

Superhealthy Counts as 1 of 5-a-day, Low fat

4 ripe bananas
2 x 32g bag chocolate buttons
vanilla ice cream, to serve

1 Heat oven to 200C/180C fan/gas 6 (or a BBQ). Make a slit through the skin of the bananas along one side – making sure you don't cut all the way through to the other side. Poke in the chocolate buttons along the cut. Put each banana onto a sheet of foil and crimp the edges together to seal into a parcel. Transfer to a baking sheet and cook for 25 mins until the bananas have turned black (or pop straight into the BBQ embers for 15 mins).

2 Serve with a scoop of ice cream and any melted chocolate that has escaped!

PER SERVING 173 kcals, protein 2g, carbs 32g, fat 5g, sat fat 2g, fibre 1g, sugar 30g, salt 0.03g

TIP Add 2 tbsp of rum to the foil parcel before baking for a deliciously grown-up, boozy version.

MAKE IT DIFFERENT

Goopy chocolate baked bananas

Assemble the bananas as above, adding **25g mini marshmallows** with the chocolate, then cook as before and serve with ice cream.

EVERYDAY



Stuffed marrow bake

SERVES 6 ● PREP 10 mins ● COOK 50 mins **Easy**

Superhealthy Good source of vit C, counts as 2 of 5-a-day, Low fat

1 tbsp olive oil
1 onion, chopped
1 garlic clove, crushed
1 tbsp dried mixed herbs
500g pack turkey mince
2 x 400g cans chopped tomatoes
1 marrow, cut into 4cm thick slices
4 tbsp breadcrumbs
3 tbsp grated Parmesan

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in a large frying pan and cook the onion, garlic and 2 tsp of the herbs for 3 mins until starting to soften. Add the turkey and brown all over, then tip in the tomatoes and cook for 5 mins more.

2 Scoop out the middle of the marrow and discard (or fry, then freeze for another time – try it mashed with potato). Arrange the slices in a baking dish. Spoon the mince into the middle of each marrow slice, then spoon the rest over the top. Cover with foil and bake for 30 mins.

3 Meanwhile, mix remaining herbs with the breadcrumbs and Parmesan. Remove the marrow from the oven, uncover, and sprinkle over the crumbs. Return to the oven for 10 mins more until crumbs are golden and crisp and marrow is tender.

PER SERVING 198 kcals, protein 24g, carbs 15g, fat 5g, sat fat 2g, fibre 3g, sugar 8g, salt 0.55g

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**Per 100gr of fresh potatoes compared to fries prepared in a conventional Philips fryer

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Mediterranean Chicken Nuggets

Main course – 4 portions

Ingredients:

- 2 slices stale white bread, in pieces
- 1 tablespoon (spicy) paprika powder
- 1 tablespoon olive oil
- 250 g chicken fillet, in pieces
- 1 egg yolk + 2 egg whites
- 1 clove garlic, crushed
- 2 tablespoons red pesto
- Freshly ground pepper
- 1 tablespoon flat-leafed parsley, finely chopped

Directions:

- Grind the bread with the paprika powder in the food processor until you have a crumbly mixture and mix in the olive oil. Transfer this mixture to a bowl.
- Then purée the chicken fillet in the food processor and mix with the egg yolk, garlic, pesto, and parsley. Add ½ teaspoon salt and pepper to taste.
- Preheat the Airfryer to 200°C.
- Whisk the egg whites in a bowl. Shape the chicken mixture into 10 balls and press them into oval nuggets. Coat the nuggets first with egg white and then with breadcrumbs. The nuggets must be coated with crumbs all over.
- Put five nuggets in the basket and slide it into the Airfryer. Set the timer to 10 minutes. Fry the nuggets golden brown. Then fry the remainder of the nuggets. Delicious with French fries and a fresh salad.



| Each portion contains |
|----------------------------------|
| 820 kJ/195 kcal |
| 19 g protein |
| 9 g total fat, 2 g saturated fat |
| 10 g carbohydrates |
| 1 g fibre |



Apricot and Blackberry Crumble

Main course – 2 portions

Ingredients:

- 250 g fresh apricots
- 75 g sugar
- 100 g fresh blackberries
- 1 tablespoon lemon juice
- 100 g flour
- 50 g cold butter, in cubes
- Shallow, round cake tin, 16 cm diameter

Directions:

- Preheat the airfryer to 200°C.
- Halve the apricots and remove the stones. Cut the apricots into cubes and mix them in a bowl with the lemon juice and 25 g sugar.
- Grease the cake tin and spread the fruit mix over the tin.
- In a bowl, mix the flour with a pinch of salt, the remainder of the sugar, the butter, and 1 tablespoon cold water until it is more or less consistent and then turn it into a crumbly mixture using your fingertips.
- Distribute the crumbly mixture evenly over the fruit and press the top layer lightly.
- Put the bowl in the basket and slide the basket into the airfryer. Set the timer to 20 minutes and bake the crumble until golden brown and done.
- Serve the crumble hot, lukewarm, or cold with ice cream, whipped cream, or vanilla sauce.

| Each portion contains |
|-----------------------------------|
| 285 kcal |
| 4 g protein |
| 11 g total fat, 7 g saturated fat |
| 43 g carbohydrates |
| 4 g fibre |

Best tasting fries,
without the oil!

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EVERYDAY

The Ultimate
MAKEOVER

Spaghetti carbonara

We asked our Reader panel which recipes they'd like **Angela Nilsen** to tackle, and this Italian comfort food classic was one of the most requested. So here's the result – just as delicious but far lighter Photographs DAVID MUNN



Rich and creamy,
yet just one-third of the fat



Double cream, cheese, eggs and salty, fatty bacon – when you read the ingredients list, it’s no wonder that this was one of the most popular dishes chosen when we asked readers recently which recipes they’d like me to make over.

‘Although it’s delicious, there’s not much good to say about it nutritionally,’ said nutritionist Fiona Hunter. ‘Don’t have it swimming in sauce,’ she advised, ‘as that is where all the calories and fat are.’

I felt I was one step ahead here; ever since Gennaro Contaldo showed me how to make this dish for my original Ultimate full-fat version, I have never added cream. His trick was to ladle in some of the pasta water instead to create the required creaminess. Although this helps to lighten the recipe, I would need to make even more changes for my healthier version.

I began by simply reducing the eggs and cheese and using a chopped, chunky piece of roasted ham in place of fattier lardons. This reduced the fat but the taste was too mild and I missed the bacon flavour. So I fried some lean back bacon with garlic and, as I was able to use less oil for frying, upped the cheese slightly. Immediately the taste improved.

As I had reduced most of the ingredients, I wanted to put something healthy back in – so I cooked a few peas, just enough to give variety of taste and texture. Too many would have overpowered, but Fiona agreed that even a small amount would contribute to the 5-a-day.

Even though I was using less eggs and cheese, when I blended in the pasta water it still gave me a creamy sauce to generously coat the spaghetti with. In fact, I could keep adding it and the flavour wasn’t lessened – but the amount of fat was. As I twirled the spaghetti into bowls, a final flourish of snipped chives enhanced both look and taste.

The verdict

Compared with the classic version, *Good Food*’s nutritionist Wendy Doyle told me that my lighter recipe contained almost half the calories and more than two-thirds less fat and saturated fat. However, this didn’t deter any of my tasters from tucking in and clearing their dishes, complimenting it for its lighter richness.

How I made it healthier

- By using lean back bacon with the fat trimmed, I was able to reduce the fat.
- I substituted some of the bacon and cheese with peas to maintain protein but reduce fat.
- I used garlic and chives in place of salt.
- By using a strong-flavoured mature Parmesan, I could use less.
- I reduced the saturated fat by eliminating cream and using the pasta water to create a sauciness.

This is the result

| | Classic carbonara | Healthier carbonara |
|---------|-------------------|---------------------|
| kcal | 935 | 527 |
| fat | 49.8 | 16.1 |
| sat fat | 21.9 | 6.3 |
| salt | 3.73 | 1.63 |

WHAT IF I USED...

- **100g streaky bacon?** The fat would increase to 20.4g (8.0g sat fat) per portion.
- **100g lardons?** The fat would increase to 19.8g (7.8g sat fat) per portion.
- **100g lean roast ham?** The fat would decrease to 15.3g (6.0g sat fat) per portion.

The Ultimate makeover
Spaghetti carbonara

SERVES 4 Easily halved ● PREP 15 mins ●
COOK 20 mins ● Easy ● P

- 85g/3oz Parmesan
- 2 eggs, preferably organic
- 200g/8oz frozen peas
- 350g/12oz spaghetti (I like De Cecco)
- 1 tbsp olive oil
- 100g/4oz lean back bacon, fat removed, bacon chopped into small pieces
- 2 plump garlic cloves, finely chopped
- handful snipped chives

- 1 Bring a large saucepan of water to a boil with a pinch of salt. Then get everything ready. Grate the cheese and beat the eggs in a bowl with a little pepper. Cook the peas in boiling water for 2-3 mins, drain and set aside.
- 2 Cook the spaghetti to al dente following pack instructions. While the spaghetti is cooking, heat the oil in a large, deep frying or sauté pan. Fry the bacon for several mins until it starts to go crisp. Stir in the garlic and cook briefly until pale brown. Tip in the peas (A) and if the spaghetti isn’t quite ready, keep warm over a very low heat.
- 3 When the pasta is done, take the pan with the bacon in off the heat. Lift the spaghetti out of its pan with a pair of tongs and drop it into the frying pan (B) with the garlic, bacon and peas. Mix most of the cheese into the eggs, keeping back a handful of cheese for sprinkling over each serving. Quickly pour in the eggs and cheese, lifting and stirring with the tongs so everything mixes well and the spaghetti gets coated (C). Ladle in some more of the pasta water, enough to coat the spaghetti and create a bit of sauce in the pan.
- 4 Spoon or twirl the pasta into shallow serving bowls using a long pronged fork (D). Serve immediately with a sprinkling of the reserved cheese, some snipped chives and a grating of black pepper.

PER SERVING 527 kcal, protein 29.7g, carbs 70g, fat 16.1g, sat fat 6.3g, fibre 5.2g, sugar 4.4g, salt 1.63g

Budget

midweek meals



Whether you're cooking for two, four or six, we've got new wallet-friendly ideas for weeknight meals



potato cakes with fried eggs & tomato chutney

SERVES 2 • PREP 15 mins •

COOK 15 mins **Easy** Cakes only

- 3 tbsp white wine vinegar
- 1 tbsp sugar
- ½ small onion, finely chopped
- ½ x 250g pack cherry tomatoes, quartered
- 400g/14oz cold mashed potato
- ½ bunch spring onions, finely sliced
- 1 tbsp plain flour
- 2 tbsp sunflower oil
- 2 eggs

1 Make the chutney: heat the vinegar and sugar with 1 tbsp cold water, swirling until sugar dissolves. Throw in the onion and cook for 1 min, then add the tomatoes and cook for 3 mins until starting to soften. Turn off the heat and set aside to cool.

2 Mix the mashed potato and spring onion with some seasoning. Shape into 4 patties and dust in the flour. Heat half the oil in a large non-stick frying pan and cook the potato cakes for 3 mins each side until golden. Remove from the pan and keep warm.

3 Heat the remaining oil in the frying pan, then crack both eggs in and cook how you like them. Serve 2 black pudding cakes per person, topped with a fried egg and a dollop of tomato chutney.

PER SERVING 613 kcals, protein 18g, carbs 55g, fat 37g, sat fat 8g, fibre 4g, sugar 14g, salt 1.78g

Curried lamb & peas with tomato & onion salad

SERVES 4 ● PREP 15 mins ● COOK 20 mins

Easy ❄️ Curry only

3 tbsp curry paste (we used balti curry paste)
1 onion, chopped
1 garlic clove, crushed
500g pack lamb mince
200g/7oz frozen peas
small bunch coriander, chopped
200g/7oz basmati rice
1 red onion, finely chopped
250g pack cherry tomatoes, halved

1 Heat the curry paste in a large frying pan until it is fragrant. Add the onion, garlic and lamb, then cook for 15 mins until the mince is really broken down and the onions are soft. Add the frozen peas and some seasoning, cook for 2 mins more, then scatter over half the coriander.

2 Meanwhile, cook the rice following pack instructions.

3 Make the salad by mixing the remaining coriander with the red onion and tomatoes. Add some seasoning, then serve with the curried lamb & peas and rice.

PER SERVING 520 kcals, protein 32g, carbs 53g, fat 22g, sat fat 9g, fibre 5g, sugar 7g, salt 0.94g



Spicy chicken & bean stew

SERVES 6 ● PREP 15 mins ● COOK 1 hr 20 mins

Easy ❄️ Low fat

about 1.25kg/2lb 12oz chicken thighs and drumsticks (we used a 1.23kg mixed pack)

1 tbsp olive oil
2 onions, sliced
1 garlic clove, crushed
2 red chillies, deseeded and chopped
250g/9oz frozen peppers, defrosted
400g can chopped tomatoes
420g can kidney beans in chilli sauce
2 x 400g cans butter beans, drained
400ml/14fl oz hot chicken stock
small bunch coriander, chopped
150ml pot soured cream and crusty bread, to serve

1 Pull the skin off the chicken and discard. Heat the oil in a large casserole dish, brown the chicken all over, then remove with a slotted spoon. Tip in the onions, garlic and chillies, then fry for 5 mins until starting to soften and turn golden.

2 Add the peppers, tomatoes, beans and hot stock. Put the chicken back on top, half-cover with a pan lid and cook for 50 mins, until the chicken is cooked through and tender.

3 Stir through the coriander and serve with soured cream and crusty bread.

PER SERVING 366 kcals, protein 38g, carbs 30g, fat 11g, sat fat 5g, fibre 9g, sugar 12g, salt 2.45g



Curried lamb & peas
with tomato & onion salad

Breaded chicken Milanese with spaghetti

SERVES 4 ● PREP 20 mins ● COOK 25 mins **Easy** **Superhealthy** Good source of iron and vit C, counts as 1 of 5-a-day

1 tbsp olive oil
1 garlic clove, crushed
2 x 400g cans chopped tomatoes
2 tsp balsamic vinegar
4 chicken breasts
2 tbsp plain flour
1 egg, beaten
100g/4oz fresh breadcrumbs
small bunch basil, chopped
300g/10oz spaghetti

1 Heat the oil in a pan, then fry the garlic for a few secs. Add the chopped tomatoes and balsamic vinegar and bubble for about 15-20 mins until the sauce is thick.
2 Meanwhile, lay the chicken breasts between two layers of cling film and bash with a rolling pin until they are about 1cm thick. Mix the flour with some seasoning in one bowl, put the egg in another and the breadcrumbs in a third. Dip the chicken in the flour, then the egg, then the breadcrumbs. Cook the chicken

at 200C for 20 mins until golden and cooked through. Keep warm.

3 Cook the pasta following pack instructions. Stir through the tomato sauce and the chopped basil, divide the pasta between 4 plates, put the crispy pork on top and eat immediately.

PER SERVING 597 kcals, protein 40g, carbs 85g, fat 13g, sat fat 4g, fibre 5g, sugar 8g, salt 0.94g



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The ABCs of nutrition



With children returning back to school, nutritionist *Carole Holditch* looks at how to keep your kids healthy, happy, hydrated and full of energy

The start of a new academic year heralds many changes and, as well as changes to study options and possibly even career choices, this can also be a good time to consider how we can influence what our kids are eating and how we can help them to make the right dietary choices.

By creating a good nutritional environment at home and encouraging our children to eat properly, we are not just making sure that their nutritional requirements are being met. A healthy diet, one that features a low sugar and fat intake, will also help them maintain their energy and concentration levels which is essential in the school environment. We also help reduce the risk of them becoming obese or even developing diabetes.



TIPS TO HEALTHY EATING FOR KIDS

■ Do Not Restrict Food

By restricting the quantity of food that is available we may be increasing the risk of children developing eating disorders such as anorexia or bulimia in later years. The focus should be on quality not quantity. Reducing the quantity may also have a negative effect on growth and development.

■ Keep Healthy Food At Hand

Kids will eat what is available to them so keep the fresh fruit on the table and don't stock up on chips and chocolate. Have a banana for your own snack – set a good example.

■ Don't Label Foods 'Good' Or 'Bad'

Create associations between what the children eat and what they care about. Tell them the lean protein you find in turkey and the calcium that is present in dairy products will help enhance their sports performance by giving them added strength. Make sure they understand that the antioxidants found in fresh fruit and vegetables will add lustre to their hair and help prevent spots on their skin.

■ Praise Healthy Choices

Let them know that an apple instead of a burger for an afternoon snack is the smart thing to do. Encourage them to be positive about what they eat.

■ Don't Nag About Unhealthy Choices

You'll only make them rebel. If your child wants fatty, fried food try redirecting their options and choices. Try roasting potato sticks in the oven with just a touch of spray-on oil. If they want sweets all the time just compromise by dipping fresh fruit in a little chocolate sauce. Dried fruit is always handy for quick snacks.

■ Never Use Food As A Reward

This will only encourage them to overeat and possibly cause obesity later in life. A trip to the water theme park or any other enjoyable physical activity will be much more beneficial and memorable.

■ Sit Down To Family Dinners In The Evening

Sadly, this is a tradition of family life that seems to have faded away in many societies. Research indicates that children who sit at the table and eat with their parents enjoy a better level of nutrition. It also allows you as parents an opportunity to offer a guiding hand to help the kids make sensible eating choices.

■ Serve meals in the kitchen

This lets you control portion size and teaches the youngsters what size a healthy meal should be. If extra portions are appropriate, make sure they've finished what was on their plate!

■ Allow Your Kids Some Control.

Invite them to take a bite of each item on their plate and give it a score. When particularly healthy foods are given a high score, serve them up more often in future. Those that don't score too highly could be reduced.

■ Take Medical Advice When In Doubt

If you feel that your child is overweight or suffering from an eating disorder, take them to the doctor. Never be tempted to make a diagnosis on your own.

THE EFFECTS OF UNHEALTHY EATING

The most immediate and noticeable outcome of unhealthy eating is usually obesity. Child obesity in the UAE is now reaching alarming proportions. It is an accepted fact within the medical community that obese children are likely to become obese adults. There is also an established link between obesity and diabetes. Diabetes mellitus is a group of disorders that have in common high blood sugar and the risk of damage to tissues and organs. It can also be fatal in both adults and children.

There are other conditions that arise from obesity which include cardiovascular disease when the heart is put under undue stress because of the added body weight. Various musculo-skeletal disorders can develop due to added strain on the bones and muscles caused by the excess weight. Many obese people suffer from low self-esteem and depression brought about by their physical appearance.

WHAT TO DO ABOUT IT

As well as encouraging good and healthy eating habits described, it is essential that our children get plenty of physical exercise. Many children fail to exercise simply because most of their study and recreational activity is sedentary. If our children are more inclined to spend their spare time playing computer games or watching DVDs we should encourage them to spend a bit more time outside, engaging in games and activities that allow them to exercise.

Take them to theme parks where physical activity is part of the day's fun. Set an example yourselves and leave the car at home if the place you're going to is within walking distance and it's safe to do so.

Do you have to park so close the school gate? Maybe you could park your car a little further away so that they have a brisk walk on the way to and from school. Depending on the distance and nature of the route they could even walk to school.

On a cautionary note, if your child is already overweight make sure that exercise is introduced gradually and stepped up as their stamina increases. Even a very minor loss of body weight can have a dramatic effect on the way the body deals with glucose thus reducing the risk of diabetes.

In conclusion, so much of your children's health and well-being is influenced by what we do as parents and the example we set. They may see it as harsh today, but in later life they'll probably thank us for caring!

ABOUT CAROLE HOLDITCH AND GOOD HABITS

Good Habits slimming club is now in your community. Through a healthy eating plan and weekly motivational meetings, you will learn how to lose weight and keep it off. The plan is easy to follow, with no forbidden foods and no hunger. Established twelve years ago by Carole Holditch, Good Habits offers its members (men and women) motivational support in helping to manage their weight and lead a healthier lifestyle.

Venue details and class timings are available on the website, www.goodhabitsuae.com.

For further information, and details of Good Habits please visit www.goodhabitsuae.com.



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Bon Appétit
Enjoy your delicious meal

Pack a healthy lunchbox

Plan ahead for the kids going back to school; give lunchboxes a lift with our fresh ideas

Tuna kedgeree

SERVES 2 ● PREP 10 mins ● COOK 20 mins

Easy **Superhealthy** Good source of iron

2 eggs
1 tbsp korma curry paste
4 spring onions, sliced
140g/5oz rice
425ml/¾ pt low-sodium vegetable stock
100g/4oz frozen peas
225g jar tuna, drained
½ small bunch parsley, chopped

1 Hard boil the eggs. Drain, peel and quarter them, then set aside. Heat the curry paste in a medium-sized pan for 30 secs, then add the spring onions and cook for 1 min. Throw in the rice and stir to coat in the curry paste, then add the vegetable stock. Bring to a simmer, then cover and cook for 15 mins until all the stock is absorbed and the rice is tender.

2 Add the peas for the final 2 mins of cooking. Take off the heat and flake in the tuna and parsley. Serve warm with the eggs on top or cool rapidly in containers and put in the fridge for later.

PER SERVING 592 kcals, protein 41g, carbs 68g, fat 19g, sat fat 4g, fibre 3g, sugar 2g, salt 1.35g

Chicken tikka pockets

SERVES 2 ● PREP 10 mins ● COOK 15 mins **Easy**

Good for you, Low fat

Heat oven to 180C/160C fan/gas 4. In a small bowl, stir **2 small skinless chicken breasts**, diced, with **1 tbsp tikka curry paste** to coat. Fry for 15 mins, or until cooked through, then cool. Fill **2 wholemeal pitta breads** with **cucumber slices**, the chicken tikka pieces and **1 tbsp fat-free yogurt**, then wrap up in foil ready for lunch.

PER SERVING 305 kcals, protein 37g, carbs 30g, fat 5g, sat fat 1g, fibre 4g, sugar 4g, salt 1.39g

Prawn cocktail sandwich

SERVES 2 ● PREP 5 mins ● NO COOK **Easy**

2 tbsp 0% Greek yogurt
1 tsp tomato ketchup
squeeze lemon juice
200g/7oz small cooked prawns
½ little gem lettuce
4 slices of wholemeal bread

Mix the Greek yogurt with the ketchup, lemon juice and a little seasoning. Stir in the prawns. Roughly shred the lettuce, then scatter over 2 slices of the bread. Top each slice with the prawn mix, then sandwich with remaining bread. Cut into triangles, then wrap up.

PER SERVING 303 kcals, protein 33g, carbs 39g, fat 3g, sat fat 1g, fibre 5g, sugar 4g, salt 2.37g

Pepper & pasta salad

SERVES 2 ● PREP 10 mins ● COOK 15 mins **Easy**

Superhealthy High in fibre, good source of vitamin C, counts as 1 of 5-a-day, Low fat

140g/5oz wholewheat pasta
1 tsp olive oil
½ yellow pepper, diced
½ red pepper, diced
1 tbsp pesto
100g/4oz cherry tomatoes, halved

Cook pasta following pack instructions. Meanwhile, heat the oil in a frying pan, then fry peppers for 10 mins. Drain the pasta, then toss with cooked peppers, pesto and cherry tomatoes. Leave to cool before putting into containers.

PER SERVING 317 kcals, protein 13g, carbs 56g, fat 6g, sat fat 1g, fibre 8g, sugar 9g, salt 0.36g

Chicken drumsticks with rice salad

SERVES 2 ● PREP 15 mins ● COOK 45 mins

Easy **Good for you, Low fat**

1 tbsp plain flour
1 egg, beaten
1 slice crusty brown bread
1 tsp paprika
4 skinless chicken drumsticks
85g/3oz rice
50g/2oz frozen sweetcorn
50g/2oz frozen peas
1 tbsp low-fat mayonnaise

1 Heat oven to 180C/160C fan/gas 4. Put the flour onto a plate and the beaten egg in a bowl. Whizz the bread with the paprika to crumbs in a food processor and put on a plate. Dust the chicken with the flour, then dip into the egg and coat in the breadcrumbs. Place on a baking tray and cook for 45 mins or until cooked through and golden, then allow to cool.

2 Meanwhile, cook rice following the pack instructions, then with 2 mins to go, stir in the sweetcorn and peas. Drain, run under cold water to cool, then drain again, and stir in the mayonnaise. Wrap the cooled chicken in foil and pack the rice in a plastic tub.

PER SERVING 483 kcals, protein 42g, carbs 58g, fat 11g, sat fat 3g, fibre 3g, sugar 2g, salt 0.92g



Apple & sultana muffins

MAKES 12 ● PREP 15 mins ● COOK 25 mins

Easy * Good for you, Low fat

200g/7oz self-raising flour
1 tsp baking powder
1 tsp cinnamon
50g/2oz wholemeal flour
100g/4oz golden caster sugar
2 eggs, beaten
125ml/4fl oz semi-skimmed milk
4 tbsp sunflower oil
2 apples, grated
100g/4oz sultanas

Heat oven to 180C/160C fan/gas 4. In a large bowl mix the self-raising flour, baking powder, cinnamon, wholemeal flour and golden caster sugar. In another bowl, mix the eggs, milk and oil. Pour the wet ingredients into the dry and mix well, then stir in the grated apples and the sultanas. Divide the mix between 12 muffin cases and bake for 25 mins. Cool on a wire rack, then pack in a container for lunch.

PER SERVING 195 kcals, protein 4g, carbs 35g, fat 5g, sat fat 1g, fibre 1.7g, sugar 20g, salt 0.31g

Drink up on
the calcium

Low-fat
treat

Good for
you snack

Banana & strawberry smoothie

SERVES 2 ● PREP 10 mins ● NO

COOK **Easy** * **Superhealthy** Good source of vitamin C, counts as 1 of 5-a-day, Low fat

Whizz 1 small banana, 200g strawberries, chopped, and 200ml Lacnor skimmed milk in a blender until smooth. Divide between two bottles and shake before you place in your child's school lunchbox.

PER SERVING 111 kcals, protein 5g, carbs 20g, fat 2g, sat fat 1g, fibre 2g, sugar 19g, salt 0.13g



10 light lunches

These good-for-you lunches are quick and easy to prepare – whether you're packing them up for work or grabbing a bite at home Photograph MYLES NEW

Carrot & seed sarnie

SERVES 1 Grate 1 carrot and mix with 1 tsp sunflower seeds, 1 tbsp raisins, a very small handful beansprouts and 1 tbsp of your favourite light fruity dressing (we used Sainsbury's Mango & chilli dressing). Spoon into a wholemeal roll or between 2 slices wholemeal bread.

Souvlaki pitta

SERVES 1 Lightly toast 1 wholemeal pitta, then pop open and spread with 2 tbsp tzatziki. Stuff with sliced red onion and tomatoes, lettuce and thinly sliced leftover roast lamb.

Prawn coleslaw

SERVES 1 Thinly slice 1 carrot, ½ apple and a small chunk white or red cabbage. Add a few cooked prawns and 1 tbsp of your favourite low-fat dressing. Eat as a salad or stuffed into a wrap.

Spinach & walnut pot

SERVES 1 Cook 85g quinoa according to pack instructions. Drain if you need to and cool, before mixing with handful spinach leaves, 2 tbsp chopped walnuts and 1 tbsp raisins. Pack into a tub and top with 3 tbsp natural yogurt mixed with a squeeze lime or lemon juice and a few pinches dried mint.

Avocado & orange salad

SERVES 1 Slice ½ avocado into a plastic container with segments from ½ orange, handful rocket leaves and a handful chickpeas. Add a squeeze orange juice, splash olive oil and a splash red or white wine vinegar. Pop on the lid and shake to mix.

EAT
WELL



Chicken soba noodles

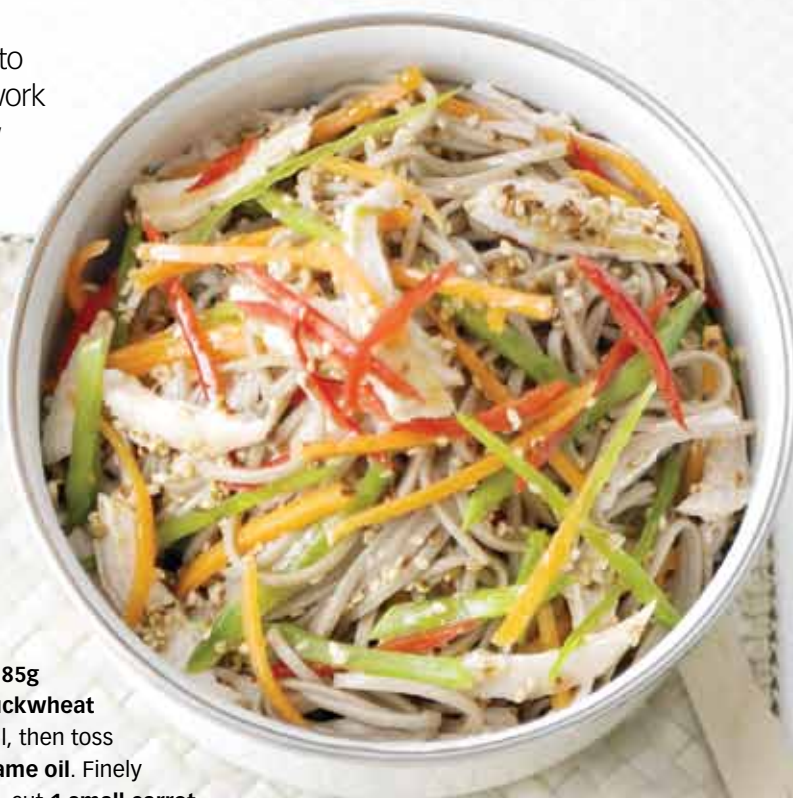
SERVES 1 Cook an 85g bundle soba or buckwheat noodles, drain well, then toss with a drizzle sesame oil. Finely slice 8 mangetout, cut 1 small carrot into matchsticks and deseed and slice ½ red chilli. Add to the noodles with 1 tbsp toasted sesame seeds and some shredded cooked chicken, if you have it. Pack with a small portion of soy sauce.

Wasabi tuna salad

SERVES 1 Cook a handful pasta shapes, then drain and toss with 1 sliced spring onion, diced finger-length chunk cucumber and 85g tuna in spring water, drained (look for sustainably fished Albacore from the Pacific). Whisk juice ½ lemon with 2 tsp olive oil and wasabi paste to taste. Stir into the salad and season to taste.

Smoked trout pâté

SERVES 2 Flake 100g smoked trout or smoked mackerel into a 230g tub reduced-fat soured cream & chive dip. Mash together and season with pepper. Eat with crudités of cucumber, celery, carrot and pepper or pitta strips.



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Easy pea soup

SERVES 4 ☒ ☒ Simmer **500g frozen peas**, **1 grated potato** and **1 tbsp mint sauce** in **800ml vegetable stock** for 8 mins. Roughly whizz or purée before dividing into 4 flasks or pots.



Chilli baked beans

SERVES 4 ☒ ☒ Mix a **600g tub fresh tomato soup** with **1 tsp crushed dried chillies**, **4 sliced spring onions** and **2 x 400g cans drained beans in water** – butter, kidney or cannellini are good. Split between 4 containers. Microwave until hot just before eating.

Lacnor lunchbox treats

Perk up your children's lunchboxes with the healthy, tasty Lacnor milk, flavoured milk and junior juices. In handy, single-portion packages, you can keep your children healthy and hydrated throughout the school day



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Brilliant Brazilian

Not only does the Brazilian nut, with its creamy rich flavour, add a well needed crunch to a variety of foods from a decadent chocolate brownie to a light couscous salad, it is also full of essential nutrients. Sarah Norfolk finds out more

The Amazon forest is home to some of the most unique trees in the world. This includes the impressive Brazilian nut tree which can grow up to 50 metres tall and is said to live for over 500 years. Native Amazonians have long been recognising the essential nutritional value of these delicious nuts.

Apart from being a versatile and rich food, the Brazilian nut also has many health benefits. These include being a good source of vitamin E and high in anti oxidants and minerals. The nuts are also especially rich in mono-unsaturated fatty acid which helps to lower high cholesterol.

The Brazilian nut contains exceptionally high levels of selenium which can aid in preventing the onset of coronary artery disease, liver cirrhosis and cancers. Like almonds and pine nuts, Brazilian nuts are also gluten free which makes them an ideal and tasty ingredient for people with wheat allergies or celiac disease.

But remember, although eating a small amount of Brazil nuts on a regular basis has a lot of health benefits, over consumption can lead to selenium toxicity. Therefore it is advised to eat no more than a few nuts a day.

Reasons to eat more Brazil nuts

- Rich and creamy due to high fat percentage
- A good source of vitamin E
- Contains lots of minerals and anti-oxidants
- Exceptionally high levels of selenium



QUICK READ

Despite their name, Brazil is not the largest exporter of the nut. Bolivia harvests approximately 50 percent of the market, Brazil 40 percent and Peru 10 percent. Interestingly, although it is defined in culinary terms as a nut, the Brazilian nut is in fact classified as a seed.



Buttermilk pancakes with sticky bananas and Brazil nuts

SERVES 6

Put **175g plain flour**, **1/2 tsp salt**, **1/2 tsp baking powder**, **1/2 tsp bicarbonate of soda**, **1 tbsp golden caster sugar** and seeds scraped from **1 vanilla pod** in a food processor and blend. Add **2 egg yolks**, **25g melted butter**, **200ml buttermilk** and 100ml milk, then blend to a smooth batter. Whisk 2 egg whites in a bowl to soft peaks, then fold into the batter.

1 Heat a little oil in a pan. Ladle in the batter to make pancakes about 10cm in diameter. Cook for about 1 minute until the tops are set and little holes appear in the surface. Flip the pancakes over then brown lightly on the other side.

2 Toss **140g golden caster sugar** with 100g of roughly chopped **Brazil nuts** and **2 thickly sliced bananas**. Tip into a pan, heat through to melt the sugar, then toss as everything begins to caramelise. When the nuts and bananas are golden, remove from the heat and stir in 200ml **maple syrup**, then serve with the pancakes.



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Ready in 30

Fast and fabulous recipes to see you through the week

Recipes JANE HORNBY

Photographs MAJA SMEND



Tapenade and tomato roast fish

SERVES 2 • 20 minutes • **Easy**

2 thick skinless white sustainable fish fillets, 200g each

1-2 tbsp black olive tapenade small

4 ripe tomatoes, sliced
extra-virgin olive oil

4 tbsp white wine

couscous 100g
vegetable or chicken stock hot

1/2 a bunch flat-leaf parsley, chopped

1 Heat the oven to 220C/fan 200C/gas 7. Season the fish on both sides, then put onto a non-stick baking tray. Spread the tapenade over the top of the fillets. Scatter the tomatoes over and around. Drizzle everything

with olive oil then splash with the white wine and roast for 15 minutes or until the tomatoes are sizzling and the fish flakes easily in the middle.

2 While you wait, put the couscous into a large bowl then pour over just enough boiling stock to cover. Season with salt, pepper and a drizzle more oil, then clingfilm the bowl and set aside. When the fish is ready, fluff up the couscous and stir in the parsley. Serve the fish and tomatoes on top of the couscous and spoon the cooking juices over and around.

PER SERVING 480 kcals, protein 40.6g, carbs

29.8g, fat 22.9g, sat fat 3.1g, fibre 1.2g, salt 1.59g

Falafel flatbreads with tahini sauce

20 minutes • Serves 2 • **Easy**

1 clove garlic

a handful flat-leaf parsley

2 tsp ground cumin

1/4 tsp chilli powder, plus a pinch to serve

1 x 400g can chickpeas, well drained

1 egg, beaten

2 medium onions, thinly sliced

olive oil

1/4 small red cabbage small, finely shredded

1/4 iceberg lettuce, finely shredded

3 tbsp lemon juice

1 heaped tsp tahini

5 tbsp low-fat natural yoghurt

flatbreads and pickled chillies to serve

1 Very roughly chop the garlic and parsley (including the stalks). Put into a food processor with the cumin, 1/4 tsp chilli powder, chickpeas, 2 tbsp of the egg (you won't need the rest) and half the onion. Whizz until everything is finely chopped – you might need to scrape down the sides of the bowl a few times. Season generously then shape into 6 or 8 falafel.

2 Heat 1/2 tbsp oil in a large non-stick pan, then cook the falafel for 3 minutes on each side, until golden. As they cook, toss the rest of the onion, cabbage and lettuce with 2 tbsp lemon juice and some salt and pepper. Whisk the tahini and remaining lemon juice into the yoghurt, add a little water if needed, then season and sprinkle with a pinch of chilli powder. Serve the falafel and salad with flatbreads, the yoghurt sauce and a few pickled chillies.

PER SERVING 309 kcals, protein 17.9g, carbs

34.3g, fat 12.1g, sat fat 1.9g, fibre 9g, salt 0.91g

EVERYDAY



Falafel flatbreads
with tahini sauce



Indonesian prawn and green bean curry

SERVES 2 ● 20 minutes ● **Easy**

vegetable oil

1 onion, finely chopped

1 tbsp ginger, finely grated

2 garlic cloves, finely grated

1/2 tsp shrimp paste (optional)

1 stick lemon grass, halved and bashed well with a rolling pin

1 tbsp palm sugar or brown sugar

1 tbsp medium curry powder

1 x 400g can reduced fat coconut milk

150g fine green beans, trimmed

200g large raw prawns, defrosted if frozen

1 sliced red chilli, optional

1 Heat 1 tbsp oil in a pan, then soften the onion for 5 minutes. Turn up the heat, add the ginger, garlic, shrimp paste and lemon grass, cook for 2 minutes, then add the sugar and curry powder. When the curry powder is fragrant and the sugar sticky, pour in the coconut milk and stir.

2 Add the green beans and simmer for 4 minutes till tender. Stir in the prawns and simmer until completely pink. Season the sauce then serve with some chopped red chilli, if you like a bit of extra heat.

PER SERVING 390 kcals, protein 22.4g, carbs 22.8g, fat 23.9g, sat fat 13.3g, fibre 4.4g, salt 0.89g



Venison and juniper burgers with apple relish

25 MINUTES ● SERVES 4 ● **Easy**

1 tbsp butter

1 onion, finely chopped

6 fat venison sausages

1 tsp juniper berries, crushed

2 medium Bramley apples, peeled and roughly chopped

1 tbsp caster sugar

5 sage leaves, shredded

4 crusty rolls, to serve

2 handfuls rocket

1 Heat a knob of butter in a non-stick pan. Add the onion and soften for 5 minutes. Stir the apples into the onion, fry for 5 more minutes, then splash in 3 tbsp water. Season with salt, pepper and the sugar, then cover and cook for 3-5 minutes or until some of the apple has collapsed. Stir in the sage.

2 Meanwhile, squeeze the meat from the sausages, then mix with the crushed juniper and season. Shape 4 burgers about 1 cm thick.

3 Heat a non-stick frying pan over a medium heat, then add the burgers. Cook for 5-7 minutes, turning once, till golden and cooked through. Serve in buns, with some rocket and spoonfuls of the apple relish.

PER SERVING 561 kcals, protein 30.1g, carbs 45.5g, fat 30g, sat fat 11.6g, fibre 5.4g, salt 2.07g



Sadia **The Joy Of Good Food**
متعة الطعام الطيب



Bento boxing

Inspired by the recent bento-box trend hitting the interweb, food blogger, *Nausheen Noor* of Dubai Bites creates some edible works of art and shares with us some Japanese-influenced lunch recipes your children will love

"I remember school lunches fondly. The ritual of opening the lunch box and examining the contents was almost as pleasurable as eating the lunch itself. No matter what was inside, a homemade lunch always made me feel loved," says Nausheen Noor.



Soba noodle salad

- 5 tbsp of sesame seeds
- 8 ounces soba noodles
- 2 tsp rice vinegar
- 5 tsp soy sauce
- 2 tsp sugar
- 2 tsp toasted sesame oil
- 1 tsp chili oil
- scallions, thinly sliced
- 8-10 baby asparagus, blanched
- 1 carrots, julienned
- 1 small yellow pepper, julienned
- 1 cucumber



- 1 In a dry pan under low heat, toast the sesame seeds until fragrant
- 2 Bring a pot of water to boil. Put in soba noodles and cook for 3 – 4 minutes. Drain. Wash with cool water and set aside.
- 3 Mix together rice vinegar, soy sauce, honey, sesame oil and chili oil.
- 4 If you are eating this immediately, toss the noodles with vegetables, dressing and sesame seeds. If it is to be packed for the next day, toss together all the ingredients except the dressing, which should be packed separately.

Wasabi prawn salad sandwiches



- 200g of crevettes or tiny prawns
- 3 tbsp mayonnaise
- 1 tsp of wasabi (or more for taste)
- juice of a 1/4 lime
- pinch of sugar
- salt to taste
- 1/2 sheet of nori, cut into

- 1/3 cm slivers
- white sandwich bread
- romaine lettuce

- 1 Poach the prawns in simmering water, drain and set aside to let cool.
- 2 Mix together mayonnaise, wasabi, lime juice, sugar and salt.
- 3 Toss together prawns, mayonnaise mixture and nori sheets.
- 4 Spoon mixture on sandwich bread, garnish with lettuce.

6 The bento's playful and pretty arrangements can distract young children into eating healthily and are a clever method of portion control for adults. All of the recipes are easily made the night before, and the presentation is something adults and children can enjoy 9

Japanese Onigiri are stuffed sticky rice balls. You can fill with whatever you have in the fridge – leftover roast chicken, vegetables, etc... Wrap the rice ball with nori sheets to hold it together. The arms are made of mortadella, pieces of nori for the eyes and mouth, and carrot for the nose. They've been 'glued' on with honey. Rice Bowl and napkin from Crate and Barrel, bento box and truck sauce containers from Daiso



Mortadella and cheese wrapped around cornichons are a fun and quick nibble to accompany the wasabi prawn sandwiches. Bento boxes and animal cocktail picks from Daiso, sauce container from Crate and Barrel



Green tea pudding with raspberries

- 1 tbsp agar agar flakes* or unflavoured gelatin
- 5 tbsp sugar
- ½ cup full-fat milk
- ½ cup cream
- ¼ tsp vanilla extract
- 1 tsp green tea (matcha) powder
- 3 - 4 raspberries



- 1** In small saucepan on a low heat, stir together the sugar, milk and cream until the sugar dissolves. Then sprinkle the agar agar flakes over the mixture. Stir.
- 2** Bring the mixture to simmer for 3-5 minutes or until the agar agar is dissolved.
- 3** Take the mixture off the heat and stir in the vanilla and matcha powder.
- 4** Pour the mixture into silicone cupcake holders and set aside to cool.
- 5** After one hour when the pudding is setting but still wiggly, place one raspberry in the center of the pudding.
- 6** Refrigerate until completely set.

**Agar agar is a Japanese seaweed that acts like a gelling agent. You can replace it with unflavored gelatin, just follow the package directions for the amount to use and softening instructions*

For more recipes, musings and culinary adventures check out www.dubai-bites.com or follow on Twitter, @DubaiBites or facebook.com/dubaibites

No meal is complete without a treat and a sweet message. Nori is very easy to cut into shapes and letters with scissors. I used fondant cutters to make the butterfly and flower shapes out of the vegetables. The rest of it is just about arranging based on a balance of colours and flavours. Bento boxes and airplane sauce containers from Daiso, cup from Crate and Barrel



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SEZZAM

♥ Sit Together ♥ Eat Together

Amazing antipasti

Colleagues coming round for a midweek drink? Whip up these easy antipasti delights
Recipes ROSIE REYNOLDS Photographs WILL HEAP

They won't get cold and they won't go soggy – that's why antipasti is such a great option if you're entertaining. These are meaty morsels, preserved vegetables, spreads and breads that are the classic way to start a meal all over Italy.

Originally an antipasti plate was always the prelude to the meal, coming before the first course, but these days we often go straight from antipasti to main course; the choice is yours. Hand everything round on large platters for guests to help themselves – generosity at the beginning of the meal is what it's all about.

Start with a selection of cured meats...

A mix of prosciutto, bresaola (cured beef), spicy salami, sliced turkey ham and something more unusual, like coppa, the cured pork loin (visit Lafayette Gourmet), should mean there's something for everyone.

then add vegetables, cheese and breads

Everyone will dive into these, so be generous – especially as veggie guests will be avoiding the meat. It's quick and easy to buy ready-prepared veg, but it's fun to make your own too, if you have time. They won't keep as long in the fridge as shop-bought versions, but it doesn't matter – this is time-out cooking at its most enjoyable.

Try a selection of marinated chargrilled artichokes, dried or slow-roasted tomatoes, plum tomatoes (great stuffed with a tuna and mayonnaise mix) olives and marinated mushrooms.

Cheese is also a popular choice. Serve your favourites in chunks and put out plenty of crostini, breadsticks and ordinary bread.





Parma ham with celeriac remoulade

SERVES 2 ● 20 minutes ● Easy P

Mix the celeriac with the capers, horseradish and mayo and season. Lay the ham slices on a work surface and put a pile of remoulade at one end of each and add some rocket. Roll up each piece of ham around the filling.

PER SERVING 139 kcals, protein 9.3g, carbohydrate 3.2g, fat 10g, saturated fat 2.3g, fibre 3.5g, salt 2.12g



Parma ham, artichoke and parmesan bruschetta

SERVES 4 ● 20 minutes ● Easy P

Lay the ham pieces onto the ciabatta and then pile on the artichoke, basil and parmesan.

PER SERVING 457 kcals, protein 18.9g, carbohydrate 43.4g, fat 24.3g, saturated fat 5.2g, fibre 3.2g, salt 3.61g



Breadsticks in blankets P

Lay strips of prosciutto on a board, top with rocket, then lay a breadstick on top of each pile. Wrap the ham and rocket tightly around the top of the sticks. Make up to an hour ahead, keep chilled before serving.

Mini prosciutto & asparagus frittatas

MAKES 12 ● PREP 10 mins

● COOK 20 mins ● Easy P

12 slices prosciutto

1 tbsp olive oil

1 onion, chopped

125g pack asparagus tips

6 eggs

100ml/3½ fl oz milk

85g/3oz Parmesan, grated

1 Heat oven to 180C/160C fan/gas 4. Grease a 12-hole muffin tin and line each hole with a slice of prosciutto to cover the base and sides. Heat oil in a small frying pan and cook onion for 5 mins, until soft. Meanwhile, snap the tip ends off the asparagus and set aside. Finely slice the stalks and add to the onions when soft. Cook for 2-3 mins more, then remove and cool.

2 Beat the eggs, milk and ¾ of the Parmesan together. Add some onion mix to each muffin hole. Divide over the egg mix, then top with the asparagus tip ends. Sprinkle over the remaining Parmesan and cook for 18-20 mins or until set.

3 Allow to cool for a few mins then remove from tin and eat warm or cold.

For a picnic, cool the frittatas, then return to the tin for easy transportation, or stack in containers layered with baking parchment.

PER SERVING 122 kcals, protein 10g, carbs 2g, fat 8g, sat fat 3g, fibre 1g, sugar 2g, salt 0.58g





Sizzling Saturdays

On 10 September 2011, Ruth's Chris, the UAE's finest American steak house with a 45 year heritage, is pleased to introduce its 'Sizzling Saturday' nights. A nostalgic evocation of the 1960s with live jazz music and mouth-watering steaks, we hope to see you there!

Soon to be a regular weekend favourite in the Dubai diary, the Ruth's Chris Sizzling Saturday will offer unplugged jazz sessions and a delicious set menu, evoking the smoky atmosphere of the hangouts of the jazz maestros, artists and revolutionaries of the day.

The concept underlines Ruth's Chris' origins as one of America's best-loved eateries, and draws attention to the brand's humble beginnings as a single neighbourhood restaurant in New Orleans in 1965 – the city that gave the world its groove.

The series will start with a guest appearance from Alex Sax, a fresh young talent poised to take his place on the International jazz scene, who will take diners on a musical tour of 20th Century Americana, from the jazz sounds that put New Orleans on the map, to Rat Pack classics from 60s New York. Currently based in Dubai teaching the Saxophone at PMI, Alex's soft jazz has been enjoyed worldwide at international jazz festivals.

As well as the music, the evenings will focus on a special menu that includes Ruth Chris' signature USDA Prime Beef steaks, hand-cut and broiled to perfection at 1,000 degrees Celsius, in addition to the full range of fresh New Orleans inspired appetisers and sides.

Priced at AED 265, the menu includes a complimentary selection of sommelier's choice of red, or white wines. After their meal, guests can spin out the evening over of the famous Ruth's Chris cocktails, served in the ambient bar area.

"The idea behind Sizzling Saturdays is to communicate the story and the spirit of Ruth's Chris, pairing live music that reflects our history with the best steaks in the city. In addition, it is our goal to make Ruth's Chris the hangout of choice at the end of the weekend! I have searched for a long time to find a saxophonist of Alex's calibre, and look forward to the feedback from both our regulars and new faces," says Ruth's Chris' general manager Michael Szczepanski.

Ruth's Chris Sizzling Saturday starts from 265 AED per person, for three courses, including sommelier's choice of red or white wine.

Available from Saturday 10 September from 20.30 onwards.

Call +971 4501 8666 to make your booking today or visit ruthschris.ae for more information.



A HISTORY OF GREAT TASTE

From its humble beginnings on Broad Street in New Orleans to its current position as the world's largest fine dining company, Ruth's Chris Steak House has come a long way. In 2010, the brand celebrated its 45th anniversary, and considered it a celebration of the life of a woman who broke the mould - its founder, Ruth Fertel.



* Chef's Bites

We get cooking with top chefs in the UAE and explore the diverse world of food in the Emirates

- * **Exploring Souk Al Bahar**
- * **Cooking in D's Kitchen**
- * **Eat out: innovative Italian at Rococo and traditional Turkish at Lalezar**



* Tariq Abu Khater, executive chef, Baker & Spice



* Asian-inspired Crème Brûlée at Mango Tree



* Karma Kafe is raising the bar



* Cooking in D's Kitchen

Exploring... Souk Al Bahar

An ideal location, overlooking the record-breaking Dubai fountain and at the foot of the super-tall Burj Khalifa, we meet the chefs and highlight some of the top spots to eat

RIVINGTON GRILL

Meet the chef

British chef Scott Stokes, from Tonbridge, Kent took to the helm of the Rivington Grill culinary brigade earlier this year after Simon Conboy moved on to become head chef of The Ivy, Jumeirah Emirates Towers. Chef Scott worked at Burj Al Arab's Al Muntaha and Al Mahara before moving to Rivington Grill in 2008 as chef de partie, and cooking his way up to his current position. Scott serves "back to basics" British cuisine focusing on fresh seasonal produce, using local and international suppliers to source the finest quality ingredients.

What to expect from the restaurant

A beautifully-simple, minimalistic interior design with white table cloths, wooden floors and white-washed walls, you can enjoy wholesome British comfort food cooked before you in the open kitchen. A relaxed atmosphere with casual, friendly service, you'll feel just at home here for a 'Saturday' roast lunch with friends or as you would for a romantic meal on the terrace (when the weather cools, of course).

Signature dish

Traditional fish and chips, served with mushy peas and tartare sauce. A light, crisp beer batter crust envelopes the diamond-cut Scottish haddock, and as you gently cut through the fish, it flakes away beautifully.

Average price

200 to 400 AED for two people, not including beverages.

Did you know?

'The Rivi' as its affectionately known, operated and owned by Jumeirah Restaurants LLC, was the first Caprice Holdings branded restaurant to open in Dubai in 2008. This was followed by The Ivy, that opened earlier this year.

BAKER&SPICE

Meet the chef

Tariq Abu Khater joined Baker & Spice Dubai in April 2011 as executive chef, working alongside brand consultant Yael Mejia.

Tariq is passionate about taste and using the freshest ingredients to create a fusion of flavour. His style features Mediterranean methods of cooking but he also enjoys the influences of Thai, Indian and Iranian cuisine and spices, to create home-style dishes.

Originally from Jordan, Tariq has worked in Dubai for 12 years and has an impressive portfolio of hotels and restaurants to his credit.

What to expect

Using only locally-sourced produce, and much that is organic, you can expect

wholesome, rustic comfort food and a menu that changes regularly according to seasonality to ensure the freshest taste. Run very much like a family kitchen, you can enjoy homemade jams, chutneys, preserves and fresh bread baked daily. An intimate, homely atmosphere Baker & Spice is perfect for a relaxing lunch..

Signature dish

36-hour heritage Angus beef short ribs, served on a bed of soft polenta with parmesan, butter, chopped herbs and lemon zest, spring onion, gremolata and a sweet pepper coulis. Marinated and braised for 10 to 12 hours, the meat so tender it just dissolves as you take a bite.

Average price

Expect to pay between AED 100 and 200 for two people

Did you know?

At Dukkan Al Manzil, near Souk Al Bahar, Baker & Spice run a wonderful bakery, shop and cafe. Pick up a salad lunch or loaf of bread to go, or sit down and order in.

KARMA KAFÉ

Meet the new operations manager

Sacha Daniels, the new operations manager of Karma Kafe, has had more than 20 years experience in the hospitality industry, working with prestigious brands and managing some of the biggest names in the restaurant and food industries; including Gaucho, Kuwait and Cocoon, London to name a few.

What to expect

An innovative take on Asian-Californian fusion food with contemporary presentation, Daniels is raising the bar at Karma Kafe, and aiming to rival the likes of Okku and Zuma. There is an inviting, lively atmosphere with lavish décor, a scrumptious menu, filled with sharing options, a lounge bar where you can enjoy pre- and post-dinner drinks, and a popular in-house DJ to boot. Karma Kafe is somewhere you can spend the whole evening.

Signature dish

As part of a new menu revamp, comes two new signatures. The steamed halibut, marinated in coconut and lemongrass is beautifully-soft, but firm and seeped with flavour. A scrumptious snack to share, the wagyu beef gyoza with celery, Portobello mushrooms and a sliver of foie gras, is a mingling of subtle, delicious flavours.

Average price

Expect to pay between 400 and 500 for two, without drinks.

Did you know?

Mario Reyes from the Gipsy Kings is performing exclusively on 9 September. Doors open at 18.00, make your reservations on +971 4 423 0909.



1: The Meat Co's 500g Châteaubriand; 2: Roy Soundranayagam, executive chef, The Meat Co; 3: Karma Kafe's signature steamed halibut; 4: Scott Stokes, head chef of Rivington Grill; 5: Karma Kafe's wagyu beef gyoza; 6: Sacha Daniels, operations manager, Karma Kafe. 7: 'The Rivi's' signature fish and chips. 8: Tariq Abu Khater, executive chef, Baker & Spice; 9: Baker & Spice, Angus beef short ribs

CHEF'S BITES

MANGO TREE

Meet the chef

Executive chef Paul Kennedy has trained in Amsterdam and Newcastle under the guidance of Albert Roux, and has been in Dubai since 2004 where he began working as sous chef of Left Bank and then operations chef of outlets such as Apres, Mall of the Emirates. In 2009, Paul moved to Yas Island to work as Executive Chef at the Yas Marina Circuit with Fellow MasterChef of Great Britain, Steven Saunders. Paul returned to Dubai in 2010 to become executive head chef of Mango Tree. Paul oversees Mango Tree Souk Al Bahar, Mango Tree Doha and Mango Tree Bistro.

What to expect

Authentic Thai food designed to cater for a Western palate, guests can enjoy lunch or dinner in a versatile space. Ideal for a business lunch meeting or great for a romantic dinner, the restaurant design encapsulates a unique blend of the traditional and the contemporary, reflecting the eclectic menu.

Signature dish

The Pla Pow (marinated sea Bass wrapped in banana leaf with spicy lime sauce) and lemongrass and ginger crème brûlée with lychee ice cream are two of Chef Paul's favourite signature dishes. The crème brûlée, which infuses a classic European pudding with Asian flavours, epitomises his love for bringing together east and west on a plate.

Price

Expect to pay between 300 and 500 for dinner for two, excluding drinks.

Did you know?

Since its flagship restaurant opened in 1994 by chef Pitaya Phanphensophon at the centre of Bangkok, you can visit Mango Tree in London, Tokyo, Bussan, Kuching as well as here in Souk Al Bahar, Dubai.

BiCE MARE

Meet the chef

Executive chef Francesco Guarracino is the son of a two star Michelin chef and his skill and passion for Italian dining were crafted under Gualtiero Marchesi in Milan. Francesco went on to become the winner of the Italian Federation of Chef's 'Best Chef Under 40' before becoming a member of the Italian Michelin team. Flourishing at the helm of Manchester's high profile San Carlo restaurants Francesco recently joined BiCE Mare and will be introducing an array of new Italian seafood dishes at this chic fountain view restaurant.

What to expect

The restaurant went under renovations during Ramadan, and you can still expect a slick, stylish restaurant in a vibrant atmosphere. White linen, subtle lighting, live piano music; you can enjoy delicious Italian seafood in a menu that emphasises that the ingredient is king.

Signature dish

The classic Caprese salad starter: buffalo mozzarella, tomato and fresh basil with a light basil pesto dressing. It is simple and authentic, using top-quality ingredients; highlighting chef Francesco's love for creating great food, using simple, delicious ingredients.

Average Price

Expect to pay between 200 and 500 for two people, excluding alcoholic drinks.

Did you know?

BiCE Mare falls under the BiCE group of restaurants that was originally started by Beatrice Ruggeri in 1926 in Milan. The BiCE group is today still run by the Ruggeri family, with restaurants in Europe, North America, Latin America, Middle East and Africa. In the UAE, you can find the Middle East's first BiCE, located in Hilton Jumeirah.



THE MEAT CO.

Meet the chef

Roy Soundranayagam is the executive chef of Foodfund International, which includes brands such as Meat Co. With over 30 years experience, Roy has worked as a chef in Australia for 20 years before travelling throughout the Middle East, working with numerous chefs from across the globe. Chef Roy's love for cooking started when he was a young boy in Sri Lanka, watching his mother in her kitchen.

What to expect

Serving great steaks in lovely bastings, as well as an impressive wine selection, you can expect a relaxed, stylish dinner at The Meat Co. Souk Al Bahar. A private dining room, seating up to 12 guests, it is a perfect venue to celebrate any special occasion. For an intimate dinner for two, the chef's table is a must try option.

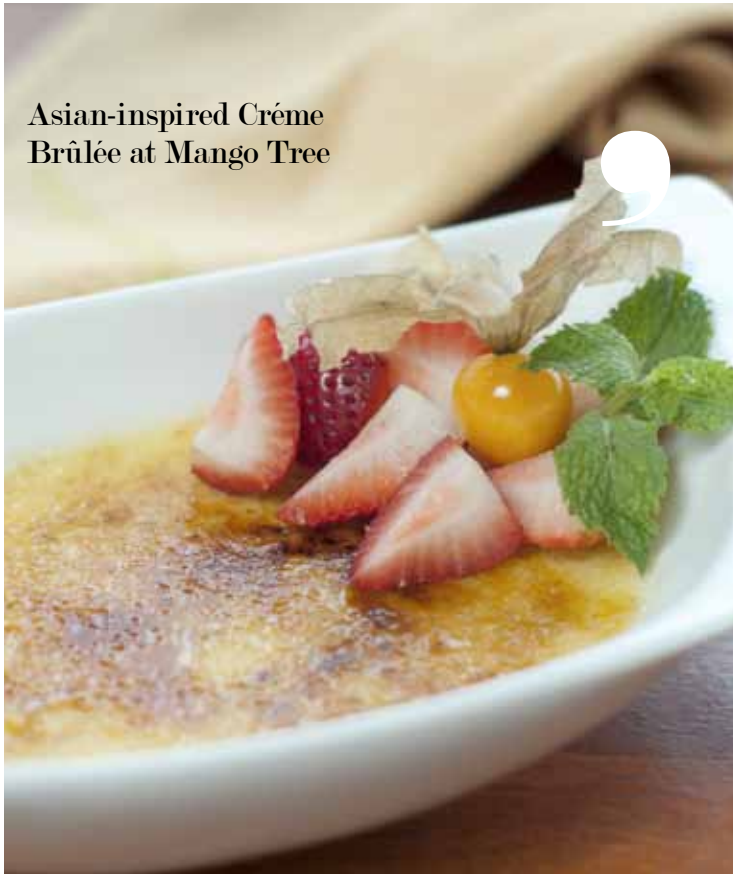
Signature dish

The Meat Co. menu is changing this month, and there are a number of succulent meat mains to enjoy. The 500g Châteaubriand is 160-day grain-fed US fillet roasted to perfection, cut from the centre of the beef tenderloin, and served with glazed baby potatoes, steamed asparagus, sautéed mushrooms and Béarnaise sauce. If you love your meat, and have the appetite to match, this is the one for you: fresh herb and mustard crusted Prime 1kg Tomahawk Steak, grilled, then roasted in the oven.

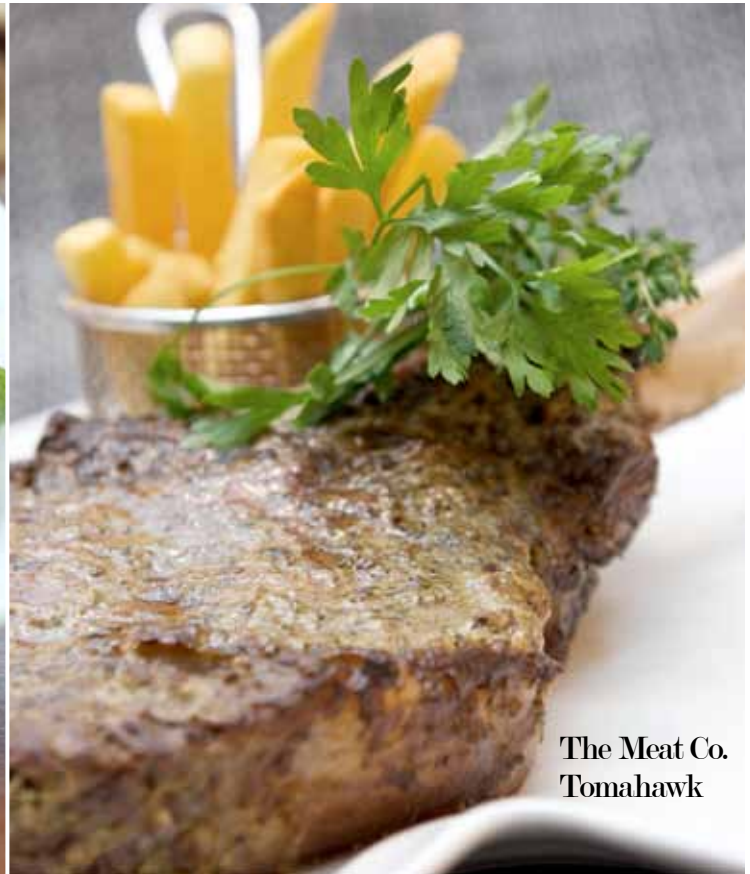
Average price

Expect to pay between 200 and 500 for two people, excluding alcoholic drinks.

Asian-inspired Crème
Brûlée at Mango Tree



The Meat Co.
Tomahawk



Chic sharing food
at Karma Kafe



East meets west
at Mango Tree



Dining delights

With the restaurant scene revving up again, *BBC Good Food ME* presents two restaurants to try

ROCOCO - A TASTE SENSATION

BBC Good Food ME was invited to have a sneak peek at the new menu at Rococo, The Sofitel, JBR Dubai.

Head chef Vladimiro unleashes his innovative menu on 5 September with the ethos of 'Italian food with a French refinement'. This, he certainly achieves with style by coupling highly detailed and contemporary presentation with Italy's finest ingredients.

On arrival, we were greeted by friendly waiting staff that showed us to our seat. Throughout the evening they continued to be very attentive and knowledgeable about the dishes, as well as serving delicious signature cocktails, much to our delight!

The restaurant was noticeably empty for a Thursday evening, but as our visit was taking place during Ramadan, perhaps this does not give a true reflection of the ambience or popularity. More importantly, Vladimiro's exciting new menu had not officially begun.

The restaurant's deep purple walls, masculine leather chairs and dark wooden pillars create an intimate feel with a hint of old-fashioned grandeur. Yet, it is interestingly modernised by the quirky lighting features and the touch of silver and sparkle running through the room. Tables a good distance apart allow for privacy, which can be a rarity when dining out here in Dubai.

Now to the food. We had the luxury of sampling a variety of 'taster' courses to get an overall impression of what to expect from the new menu. These included; the inventive lobster carpaccio accompanied by a dollop of beetroot sorbet and a delicate parmesan crisp to finish, and our personal favourite, a tender fig wrapped in parma ham with melted gorgonzola spilling from the sides.

Vladimiro's, melt in the mouth foie gras is absolutely delicious too, and its roasted pistachio coating gives the dish an interesting crunch, definitely something to try for you more adventurous foodies. The taggiasca olive crusted sea bream, so juicy and succulent, a simple dish, but executed to the standard expected from only the top restaurants.

Each dish oozes sophistication and the intricate detail and combination of flavours makes this food really stand out. Housing a large range of fun and

modern crockery, and by using vibrant coloured foods, each dish has its own unique look and charm. Excitingly, Rococo is introducing a 'chef's tasting menu' where you can have a four, five or six course tasting adventure of your very own. With the menu changing every month to reflect the seasonality of its Italian produce, expect innovative new taste sensations all year round.

Thomas Pendarovski, Sofitel's Executive Chef, explains that it is not just Rococo moving in a new direction but the overall dining experience of the hotel. "Sustainability and seasonality are the two biggest things we are trying to create here." Come and see the changes for yourself and join the 'Culinary Experience' taking place on 28 September. You will have the opportunity not only to eat in Rococo, but to see the changes to The Hub, an English/Irish bar with authentic grub, and taste the 'simple and elegant' French menu of Plantation-AOC.

Rococo delight' cocktail

Crème De Cacao, Crème De Cassis, Black Label Whisky and Baileys, shaken and served with a sprinkling of chocolate



LALEZAR'S TURKISH TIDBITS

Turkish food, with its delicate mix of Mediterranean and Middle Eastern flavours and European touches, is beautifully fragrant and fresh when cooked well. After a recent trip to Istanbul, and craving lightly spiced, fragrant dishes and soft pillows of bread like only the Turkish can create; *BBC Good Food ME* headed to Lalezar, Jumeirah Zabeel Saray.

As we entered the restaurant, for our booking at 20.00 on a Tuesday, the empty space and bright lighting was surprising. While the restaurant design and details are striking; emphasising the Anatolian theme through firewood furnace, beautiful painted tiles, high ceilings, archways and wooden furniture, the stilted atmosphere was a far cry from the intimate, inviting Ottoman-inspired evening we had in mind.

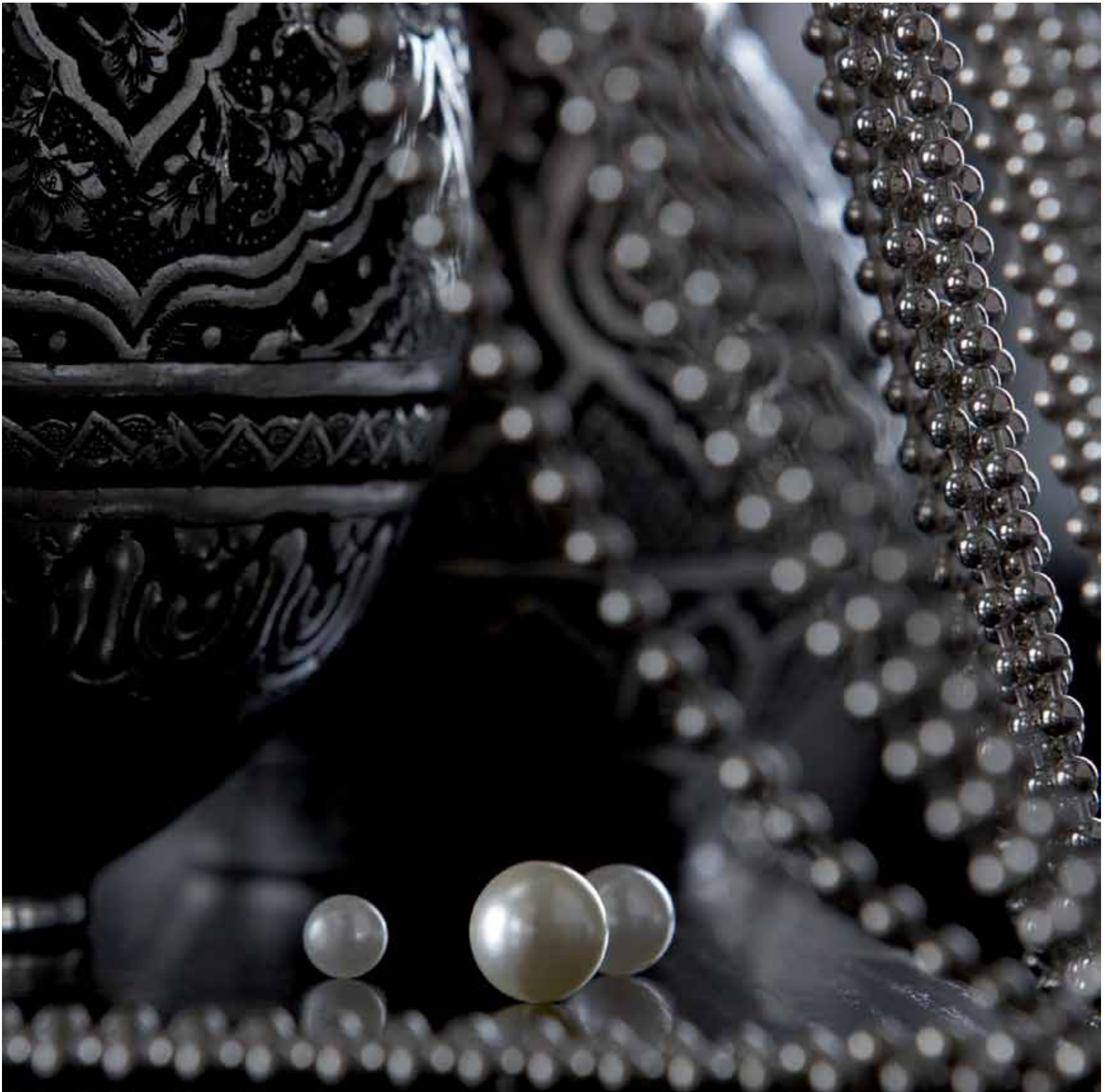


As we took our seats, however, things most definitely looked up. The friendly, attentive staff were helpful and knowledgeable, recommending a gorgeous Turkish red wine: Sevilen 900 Cabernet Sauvignon 2007, which was a deep, with dark berry flavours and lightly spiced.

To start, we enjoyed a selection of three starters to share. The *Taze lor salatasi*, crispy lettuce, homemade ricotta, caramelised walnut and pomegranate dressing; *Icli kofte*, Bulgur croquette stuffed with minced beef and walnuts, chickpea salad, pomegranate dressing; *Imam bayildi*, eggplant stuffed with braised green lentils and shallot served with vine tomato sauce. The dishes were delicious; a feast of different textures and flavours.

For mains I ordered *Dana rosto*; slow-cooked ground beef, sage scented mash potato served with Turkish gravy and green peas. Infused with subtle spices and very tender, it was a hearty, homely taste of Turkey. My guest enjoyed *Iskender kebab*, sliced lamb and beef kebab with crispy pita bread, a generous drizzle of Turkish gravy and strained yoghurt.

Previously working for Grosvenor House in Dubai, Huseyin Deniz Katranci joined the culinary team earlier this year as chef de cuisine for Jumeirah Zabeel Saray Lalezar. Authentic Anatolian fare, and the only licensed Turkish restaurant in Dubai, we hope the ambience improves to meet the quality of the food and service.



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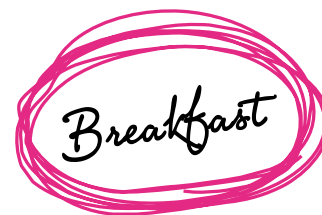
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Cooking in D's kitchen

With busy school days and frantic working weeks upon us, Dalia Dogmoch of D's Kitchen food blog and co. owner and master baker of Kitsch Cupcakes whips up a breakfast, lunch and dinner option the whole family will love



Peanut butter French toast & berry coulis

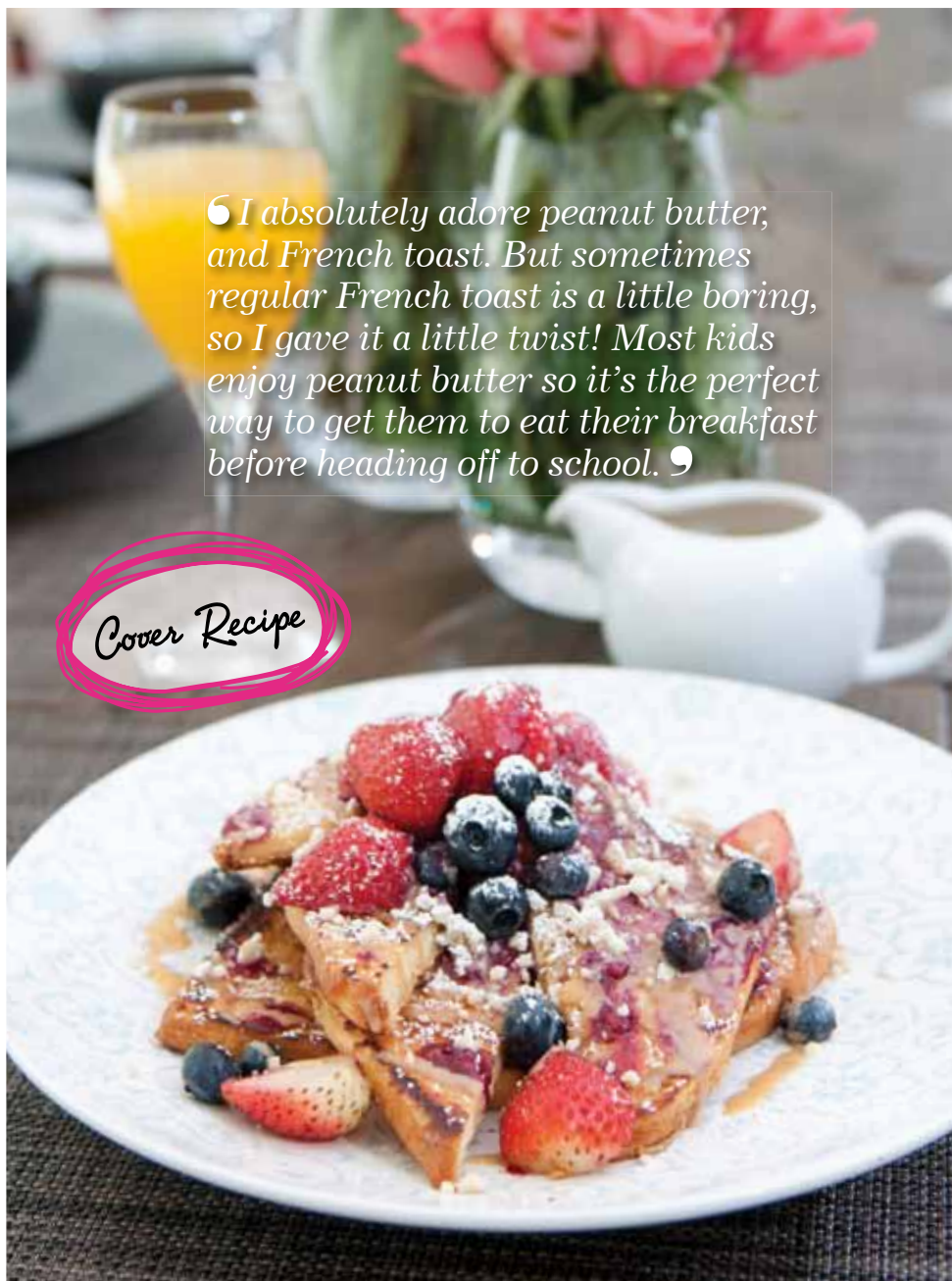
SERVES 4 – 6

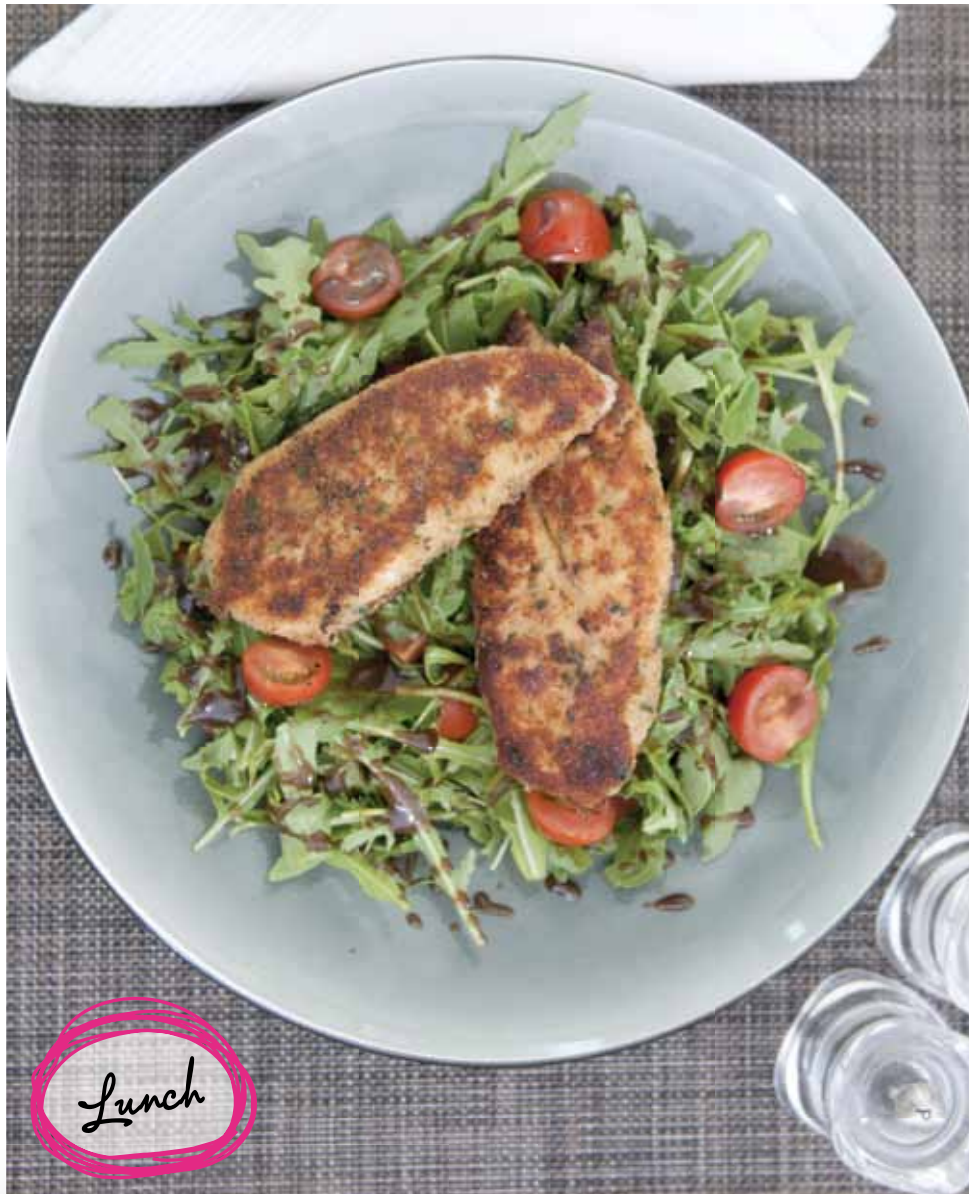
6 slices Brioche bread
3 eggs
½ cup milk
¼ cup light cooking cream
6 tbsp smooth peanut butter
3 tbsp white sugar
¼ tsp cinnamon
Freshly grated nutmeg
1 tbsp maple syrup
1 cup mixed berries
1 tbsp icing sugar
Knob of butter
¼ cup crushed peanuts

1 In a bowl, whisk the eggs, milk, cream, half the peanut butter, sugar, cinnamon and nutmeg until smooth. Then place the Brioche slices on a semi deep dish and pour the egg mixture on top, letting the bread soak for a few minutes.
2 In a small saucepan cook the berries with icing sugar on low heat for a few minutes, just until they release their juices then set aside.
3 In a small bowl, whisk the remaining peanut butter with the maple syrup and one or two tablespoons of hot water to obtain a syrupy consistency, then set aside.
4 Heat a knob of butter in a pan on medium heat. Fry the brioche slices for a minute or so on each side and serve on a plate. Drizzle with the coulis, peanut butter sauce, garnish with peanuts and some icing sugar. Decadent!

“I absolutely adore peanut butter, and French toast. But sometimes regular French toast is a little boring, so I gave it a little twist! Most kids enjoy peanut butter so it's the perfect way to get them to eat their breakfast before heading off to school.”

Cover Recipe





Lunch

**Chicken parmigiana
& arugula salad**

SERVES 4 – 6

6 boneless chicken breasts (no skin, slightly
pounded)
1 cup bread crumbs
1 cup Parmesan cheese, grated
1/3 cup parsley, chopped
1 egg, lightly beaten
1 pack arugula (rocket)
1 pack cherry tomatoes, sliced in half
Balsamic vinegar
Olive oil
Salt & cracked pepper to taste
Flour for drenching

1 In a bowl, mix breadcrumbs, Parmesan, parsley and cracked pepper, then lay it out on a plate and set aside. Prepare two other shallow plates, one with flour and the other with the egg.
2 In a pan over medium heat, heat a knob of butter and olive oil. Dip the chicken in flour, tap off the excess, then dip in egg and coat with the breadcrumb mixture. Fry the breasts for a few minutes on each side, until golden brown.
3 Toss the arugula and tomatoes in a bowl with a little balsamic and olive oil, season to taste and serve next to the Chicken Parmigiana.



CHEF'S BITES

DALIA DOGMOCH

“It's important to choose dishes which both kids and parents would enjoy. And when life gets hectic again, creating wholesome meals which can be made rapidly allows families to spend more quality time together.”

Dinner

Roasted tomato & basil soup

SERVES 4 – 6

6 plum tomatoes
2 pack cherry tomatoes
1 onion, chopped
2 garlic cloves, minced
3 – 3 ½ cups chicken stock
1 tsp paprika
1 tbsp Worcester sauce
½ tsp dried thyme
1 tsp white sugar
Pinch of chili flakes
¾ cup light cooking cream
Olive oil
Salt & cracked pepper to taste

1 Preheat the oven to 200C. Spread the tomatoes on a tray lined with parchment paper, sprinkle with thyme, salt, cracked pepper and generously coat with olive oil. Roast in the oven for 30 minutes, then turn on the broiler function and roast for another 10 minutes.

2 In the mean time, sauté the onions in a little olive oil, once translucent add the garlic and cook for a few more minutes. Add paprika, chili, Worcester sauce, roasted tomatoes and their juices, sugar, stock and simmer for 10 minutes before using a hand blender to liquefy the soup.

3 Finish by adding chopped basil, cream and seasoning to taste, then simmer for another minute just to infuse all flavors. Serve with toasted bread - enjoy!





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Coast to coast

As part of a new regular feature, *BBC Good Food ME* is traversing the UAE to explore getaway options to suit all preferences and budgets. From east coast to west, we explore four places to stay in Ras Al Khaimah and Fujairah



With many of us based in Dubai and Abu Dhabi for work, it is easy to think of the UAE as dusty concrete jungles punctuated by numerous hotels, beach resort, office blocks and residential spots. But, venture just 45 minutes to an hour-and-a-half outside the big city hubs and you will find tranquil desert expanses, stark mountains, rural fishing villages, indigenous trees and yes, you heard right, even wildlife.

There is a serene beauty to the UAE, and it is at your fingertips. Take a weekend break and you will be sure to feel refreshed, revitalised and ready for the week ahead.

Ras Al Khaimah

Ras Al Khaimah, literally meaning ‘Top of the Tent’, is the northern most emirate of the United Arab Emirates, and is situated along the east coast. While the city centre of Ras Al Khaimah is a small, rather sleepy town filled with low-lying shops and villas and sporadic sky scrapers, if you venture to the coast, or further inland to the desert, there are spectacular places for those in search of relaxation, adventure or something in between.

Nestled at the foot of the majestic Al Hajar Mountains and bordering the Sultanate of Oman, here, eco-explorers can seek adventure in activities such as falconry, camel riding, hiking and trekking, wadi (desert) safaris, or can simply meander along rivers on a traditional Arabic sail boat. For the energetic, one of the most physically-demanding and spectacular hikes in the UAE, Wadi Ghalilah can be found here.

With a heritage rich with historical sites dating back to 5,000 BC, Ras Al Khaimah has numerous forts and abandoned villages. The former residence of the Ruler of Ras Al Khaimah, the fort is today home to the National Museum. Housing numerous collections of ancient pottery, fossils, shells and old coins.

As for places to stay: there are options for the sun-worshipping spa goers looking for seaside beauty, glittering pools and fine dining, as well as for couples looking for a romantic retreat amidst nature and eco adventure. Ras Al Khaimah has just what you are looking for.

Banyan Tree Al Wadi

A serene, private retreat amidst stretches of tranquil desert within the protected Wadi Khadeja, Banyan Tree Al Wadi resort gives you ultimate luxury in a natural Arabian setting. Made up of sandy Arabian villas and Bedouin-esque premium luxury suites (each with its own infinity pool), there is a sense of privacy and serenity that washes over you as you enter the resort.

A Thai concept, with Banyan Tree resorts open around the world, the design and architecture of Banyan Tree Al Wadi reflects the landscape and Middle Eastern culture beautifully.

From a distance, the resort blends into the dunes, and the villas look as if they are a part of the undulating landscape, but as you arrive and are taken by golf buggy (the guest transport within the resort) you will see the detail of the restaurant and spa complex, the villas in a



variety of sizes, and the expansive nature reserve that makes up most of the resort.

The hustle bustle of Dubai is a distant memory as you look onto the ochre-coloured dunes that are dotted with evergreen Ghaf Trees. Arabian gazelles, oryxes and a variety of interesting birdlife can be seen here too, giving guests a rare opportunity to soak up the wildlife of the region. While taking a dip in your private infinity pool, just look beyond, and you will be sure to see a gazelle gently grazing a few metres ahead.

A wonderful getaway for couples who are looking for an intimate, romantic weekend away, or for a family in need of an escape from the urban jungle, there are many activities you can take part in.

An oasis of diverse experiences, you can begin your day with a sunrise desert walk or an archery lesson, enjoy a leisurely buffet breakfast and a dip in your pool, and later enjoy spa treatments, a day by the beach or even a round of golf.

Banyan Tree Al Wadi comes complete with 3,960 sqm Asian-inspired hydrotherapy spa facilities, a dedicated nature reserve, a private beach club and an 18-hole championship golf course.



Hilton Ras Al Khaimah Resort and Spa

A magnificent location set along kilometers of beach front, the Hilton Ras Al Khaimah Resort and Spa is a luxurious, unforgettable retreat.

From the numerous pools in different temperatures, the pristine beachfront, the extensive spa treatment centre and gorgeously-decorated rooms, this is the ideal place for a romantic, rejuvenating retreat.

For dining options, we would recommend Piacere Del Gusto. Sophisticated and pleasantly intimate, mixed with splendid views from the terrace, it is a lovely classic Italian fine dining venue.

And, during the day, definitely enjoy a cold beer or chilled white wine and a shawarma at one of the beach shacks.

TRAVEL

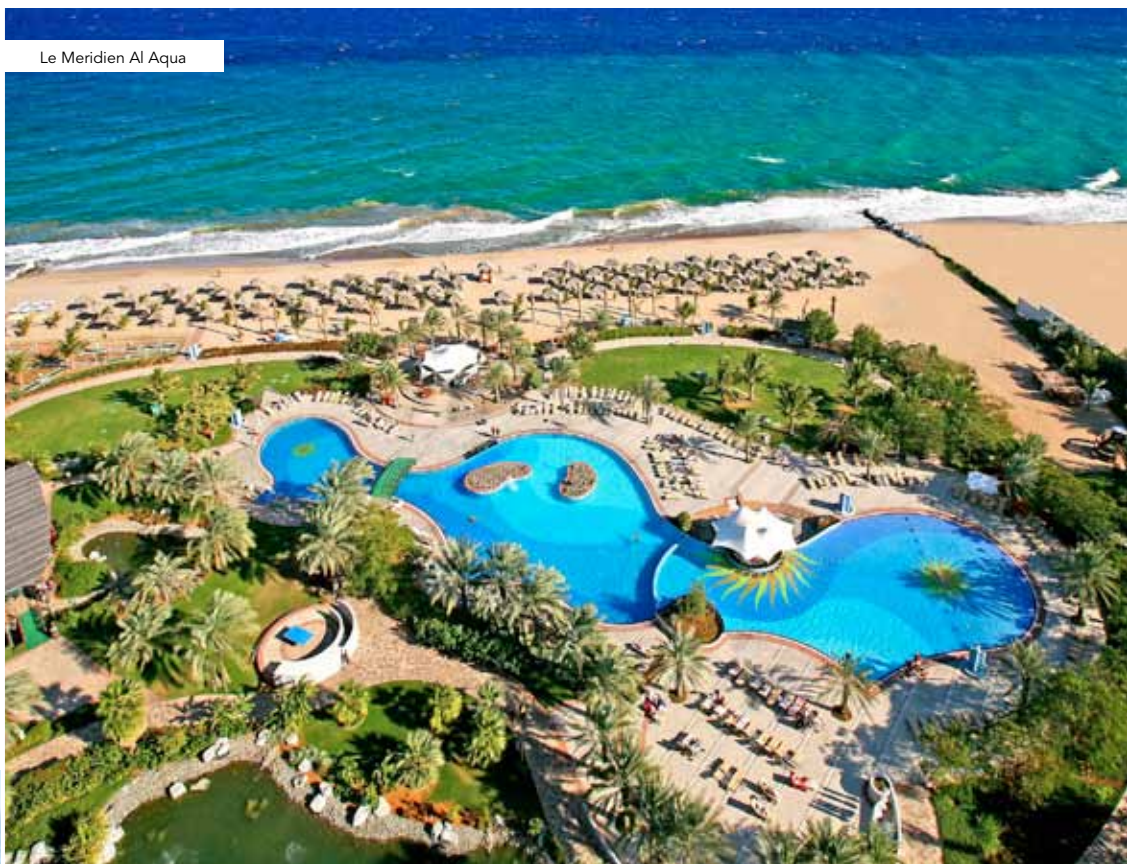
UAE ESCAPES

Fujairah

If your idea of beaches in the UAE is an image of still, clear water lapping gently onto white sand, then you haven't been to Fujairah.

Situated on the west coast of the UAE, along the Indian Ocean, the daily changing tides, crashing waves and saltiness of the seas is invigorating, and you can see a variation in colour of sand from an almost black beach sand, to lighter brown as you travel further down the coast towards Al Aqua.

As you drive from Dubai to Fujairah, you will enjoy a serene path past fruit and vegetable markets, carpet and textile stalls and the stark, dry, impressive Al Hajjar mountains. With the turbulent sea to your right and imposing mountains to your left, Fujairah has a vibrantly different topography to Abu Dhabi or Dubai, and is a fantastic weekend getaway for friends and family, with a selection of places to stay to meet price points and need.



Hilton Fujairah

If you are looking for somewhere affordable, quaint, extremely relaxed and fun, then the Hilton Fujairah could be the perfect place for you. An older hotel, it has perhaps seen better years, but what it lacks in the glitz, glamour and luxury found in the five star hotels we are accustomed to in Dubai, it makes up for in staff friendliness, a completely chilled out atmosphere and very reasonable food and drink prices.

Try and book a ground floor room, opening out onto the garden if you can, as this gives you easy access to the pool, bar and restaurants, as well as a relaxing setting as you look onto the greenery. There is limited beach space, as the tide comes up very high, but it does make for a great spot for evening drinks at Breezes Beach Bar and Terrace as you sit right up against the water's edge of the Indian Ocean.

With tennis courts, kid's club and water sports, this would be a fuss-free family getaway or a fun weekend stay with a group of friends.

Le Meridien Al Aqua

One of the gems of Fujairah, Le Meridien Al Aqua is a beach front hotel resort and spa that is set within magnificently landscaped gardens right along a stretch of private beach.

A tall building, the higher the floor you stay in, the more beautiful the view, as you can look towards the Al Hajjar mountains to the right, the sea beyond and enjoy an aerial view of the fabulous garden design below.

A luxurious hotel that remains relaxed, informal and fun, a day there could include a sunrise stroll on the beach, a leisurely swim in the large, temperature controlled pools, lunch and a cocktail at the rustic beach bar and grill and perhaps a spa treatment at either the classic spa or ayurvedic treatment centre. For the more active guests, there is a large gym centre, volley ball and a variety of watersports to choose from.

Foodies, you will be in for a treat too, as the Italian restaurant Sapore is chic and inviting, with Italian classics presented in innovative ways, pasta cooked to perfection and a lovely wine list to choose from. A glass of prosecco here, after a day of pool and beach lounging will most definitely be a treat.



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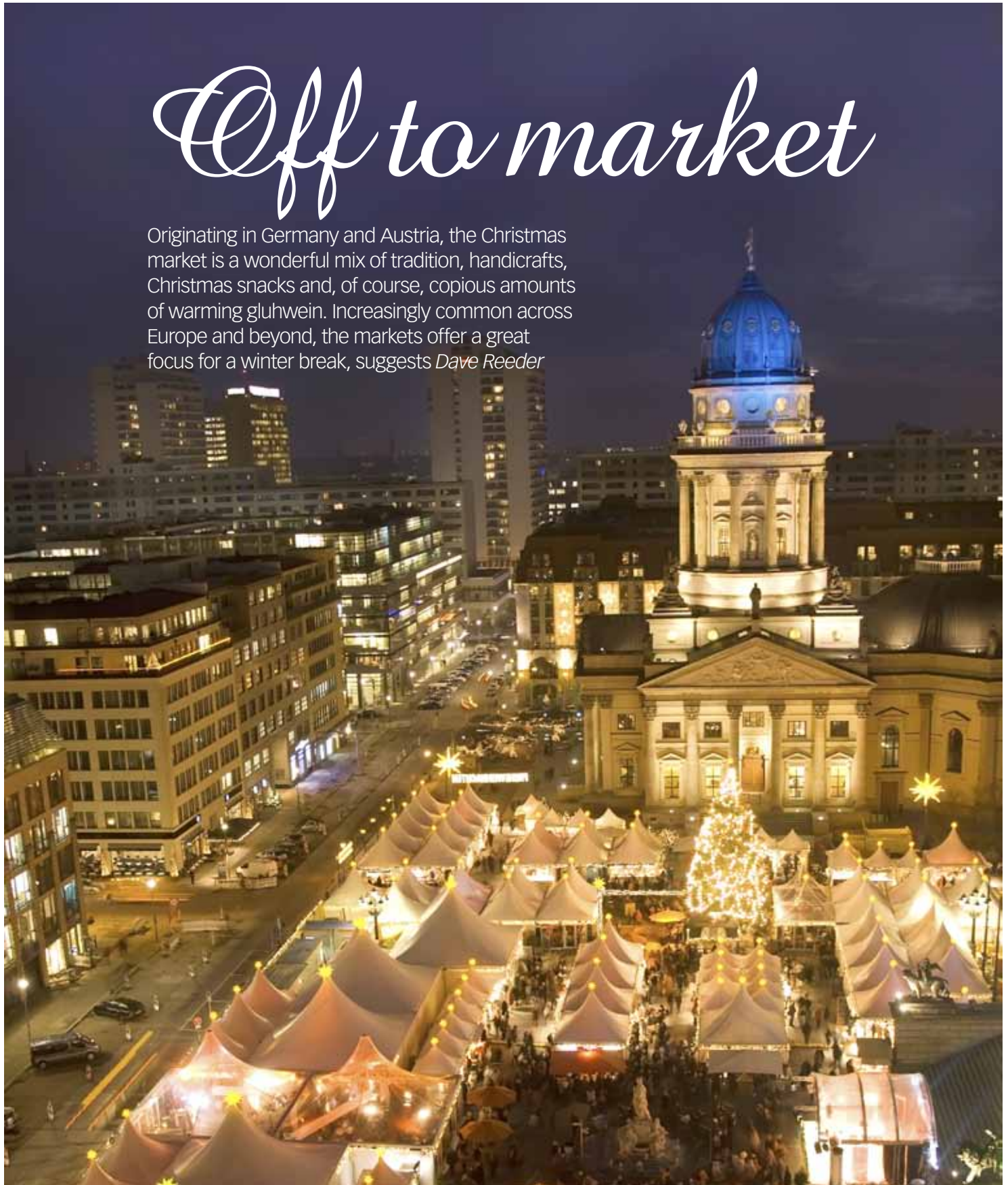
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Off to market

Originating in Germany and Austria, the Christmas market is a wonderful mix of tradition, handicrafts, Christmas snacks and, of course, copious amounts of warming gluhwein. Increasingly common across Europe and beyond, the markets offer a great focus for a winter break, suggests *Dave Reeder*



It seems a little strange, as we sit here suffering in the oppressive heat of September to be thinking not only about Christmas but Christmas in the cold and snow. But the lure of a traditional Christmas market is enough to get us planning flights.

These street markets are set up during the four weeks of Advent and began as a tradition back in the Late Middle Ages in the German speaking part of Europe - Germany, Austria and Alsace. The Dresden for example, was first held in 1434 and today attracts up to two million visitors a year - well, they have had a long time to get it right!

Most Christmas markets have the same format. They are held in the old town square or central pedestrian zone with wooden stalls selling a variety of traditional foodstuffs, local drinks and artisan craft products, usually with a Christmas theme. There's often music and dancing or, in the more traditional markets, a play or procession welcoming the Christkind, or child Jesus.

Whilst many of the goods on offer can probably be bought in local shops, there's something very different about popping from stall to stall, trying out local snacks such as gingerbread, stollen or regional sausages and drinking mugs of hot gluhwein or eggnog, which help to make the nippy winter air more bearable. The real treat of the markets is twofold: they help connect us to centuries' old tradition and they bring back the childhood excitement of Christmas to our jaded adult souls.

Which market you choose will depend more on which city appeals to you. By and large, the markets across Europe are pretty similar, although the German-Austrian ones have the most authentic feel to them. But they can be overwhelming - Stuttgart attracts more than three million visitors, for example, and Dortmund is sprawling with over 300 stalls.

Here is our guide to the best Christmas markets. Season's greetings!



Brussels, Belgium

Where: Grand Place, market around the Bourse (Stock Exchange) and along Place Sainte Catherine.

When: 25 November 2011 to 1 January 2012.

What's special: Not even a decade old, the Brussels Christmas market's 240 wooden chalets are unusual in that artisan craftsmen are invited from around the world. There is also the Fishmarket, converted into an ice skating rink and a 160 foot ferris wheel!

Buy this: Christmas gifts, handmade crafts and souvenirs. Every year there's a market within the market - this time it's the Île de la Réunion village.



Eat this: Pots of moules (mussels) and caricoles (whelks with pepper), frites (French fries originated in Belgium), chocolates, waffles, beer and the seasonal treat of croustillons (sugar doughnuts).

What else to eat in Brussels: The city is crammed with great restaurants and 2012 is planned as the year of gastronomy, under the label 'Brusselicious'!



Copenhagen, Denmark

Where: Tivoli Gardens. Plus a craft market along the canal in the Nyhavn district.

When: Mid-November to late December.

What's special: Celebrating Jul (as in 'yuletide') with more lights than seem feasible - nearly four miles of lights are hung with another 1,800 strands just for the lakeside willow trees.

Buy this: Traditional crafts, but watch out for the mischievous nisser, tiny

household elves wearing clogs, red shirts and pointy red caps...

Eat this: Try the æbleskiver (iced doughnuts with blackcurrant jam) and gløgga - steaming hot, mulled red wine with raisins, almonds, cinnamon sticks and cloves which have been soaked in aquavit or schnapps.

What else to eat in Copenhagen:

Ten restaurants in the city share 11 Michelin stars, including the world's new 'best' restaurant, Noma.



TRAVEL EUROPE

London, UK

Where: City wide.

When: Mid November to early January 2012.

What's special: Christmas shopping begins in November with the Regent Street Christmas decorations switched on. Winter Wonderland in Hyde Park has London's largest outdoor skating rink, a toboggan slide, a ferris wheel, carol singing and a traditional German Christmas market. Other key spots for a Christmassy feel are the Tower of London's Medieval Christmas (end of December), Covent Garden and Trafalgar Square (for the Norwegian fir) and Somerset House (ice rink). Smaller markets at Greenwich (December only) and the Natural History Museum, with carols at the Royal Albert Hall also.

Buy this: Everything for Christmas at the Ideal Home Christmas Show at Earls Court and Olympia.

Eat this: London street food is generally disappointing, but roast chestnuts are traditional.

What else to eat in London: At least 60 national cuisines represented in depth, at most price points. Gastropubs are a good bet. The adventurous might try jellied eels plus pie, mash and liquor at F Cooke in Hoxton, one of the few remaining traditional outlets for these classic London dishes. And fish and chips is a must!



Dresden, Germany

Where: Various locations in the city centre.

When: End of November to December 24th 2011.

What's special: Founded in 1434, the Striezelmarkt is Germany's oldest continuously running Christmas market. Early December, a four ton fruit cake (the Giant dresden Stollen) is paraded through the streets, accompanied by the Stollenmädchen (Fruitcake Maidens). Also look for a 46 foot Christmas 'pyramid' and 230 craft stalls.

Buy this: Artisan crafts from Saxony - wooden goods from the Ore Mountains, blown glass from Lauscha, indigo prints from Lusatia and blue and white ceramics from Dresden.

Eat this: Stollen, obviously.

What else to eat in Dresden: Good local beers are Radeberger, Feldschlösschen and Freiburger. Lots of pork dishes but organic vegetables are becoming common. Great bread.



Nuremberg, Germany

Where: Main square.

When: Late November to December 24th 2011.

What's special: Germany's most famous Christmas Market attracts up to two million people annually to its 180 stalls. On the Friday before Advent, the golden Christmas Angel appears on the high gallery of the medieval Frauenkirche to recite the opening prologue.

Buy this: Crafts, ornaments and toys. Look out for the Nuremberg Plum People - tiny puppets made of prune limbs, fig torsos and walnut heads.

Eat this: Gingerbread, fruit loaves, gluhwein and grilled bratwurst.

What else to eat in Nuremberg: Weisswurst (veal sausage) with hot sauerkraut or potato salad.





Prague, Czech Republic

Where: Wenceslas Square and Old Town Square.

When: Early December 2011 to early January 2011

What's special: The medieval Old Town Square is the perfect backdrop for a giant Christmas tree, manger scene and small petting zoo. Highlight of the season is Mikulas, or St Nicholas Day (December 5th), when he roams around town accompanied by an angel and a demon, checking which children have been naughty and which nice.

Buy this: Wooden toys, Bohemian crystal, handmade jewellery and classic Czech marionettes.

Eat this: Honeyed gingerbread, vánočka (braided pastry studded with raisins) and vosí hnízda' ('wasps nests' - nutty rum-soaked biscuits). Drink mead, svarene vino (sweet mulled wine) and Pilsner.

What else to eat in Prague: Pork and knedlíky (dumplings), Smažený sýr (fried cheese) and roast potatoes plus the Christmas special of Rybí polévka (carp soup)



Rome, Italy

Where: Piazza Navona.

When: Early December 2011 to early January 2012.

What's special: Presepi (Nativity scenes) are everywhere across the city - see the life-size tableau on the Spanish Steps or in front of St. Peter's.

Buy this: Handmade presepio figures, also broomstick-mounted Befanas (the Christmas witch) swaddled in black and red-and-white Babbo Natale (Father Christmas) dolls

Eat this: Ciambelle (dinner plate sized doughnuts) and peanut brittle.

What else to eat in Rome: Fiori di zucca (deep fried courgette flowers, filled with mozzarella and anchovies), Filetti di baccala (deep fried salt cod filet), artichokes, Pizza alla Romana (white pizza) and Trippa alla Romana (tripe in tomato sauce with pecorino cheese).



Munich, Germany

Where: Marienplatz.

When: Late November to December 24th 2011.

What's special: A 100 foot Christmas tree, plus a nightly carol recital from the balcony of the Rathaus (Town Hall), with brass band and Alpine choir. Kids can dress up as angels to practice arts, crafts and traditional biscuit baking at the Heavenly Workshop in the Town Hall.

Buy this: Crafts at small themed markets around the city, for example the Kripperlmarkt (Crib Market) on Rindermarkt for Bavarian and Tyrolean Nativity figures and a Medieval Market on Wittelsbacher Platz.

Eat this: Sausages and reiber-datschi (potato pancakes), gluhwein and lebkuchen (gingerbread). A Christmas tram in the old city serves spiced wine and gingerbread.

What else to eat in Munich: Sausages with sauerkraut and fresh horseradish, Munich Leberkäse (a kind of meat loaf), classic roast pork and sweet apple flan with cinnamon and vanilla ice-cream. And beer, of course.

Salzburg, Austria

Where: Under the castle.

When: Late November to December 26th 2011.

What's special: One of Europe's oldest markets, dating back to the 15th century. It's quite small, however, with just 85 stalls. Just out of town is Schloss Hellbrunn, a palace with 24 windows on its facade - a large Advent calendar! There's a crafts market and a living Nativity.

Buy this: Pewter crafts, furry slippers and loden coats.

Eat this: Lebkuchen (gingerbread), roasted chestnuts and almonds, sausages and gluhwein.

What else to eat in Salzburg: The Salzburg Nockerl is a massive dessert!



TRAVEL EUROPE

Vienna, Austria

Where: Rathausplatz.

When: November 12th to December 24th 2011.

What's special: Expect to rub shoulder with up to three million visitors at the very traditional Christkindlmarkt - there's ban on Santa Claus but expect to see the Wiener Christkindl (Christ Child), played by a young woman with long blonde curls. There's also a luxury market in the baroque forecourt of Schoenbrunn Palace plus a small but sophisticated one in the narrow cobblestone streets of Spittelberg. And more than three-dozen Advent season concerts.

Buy this: Beeswax candles, wooden toys and glass ornaments.

Eat this: Cream-filled pastries, candied fruit, roast chestnuts and Weihnachtspunsch (a spiced punch of wine, brandy or schnapps, sweetened with warm fruit juices).

What else to eat in Vienna: Wiener schnitzel (breadcrumbs and fried veal escalope) with Erdäpfel salat (potato salad), Tafelspitz (boiled beef), Kaiserschmarrn (shredded pancake and stewed fruit), Apfelstrudel (apple strudel) and Sachertorte (chocolate cake). Coffee in Vienna is a must.



Strasbourg, France

Where: Notre-Dame Cathedral and Place Broglie.

When: Late November to December 31st 2011.

What's special: Oldest (441 years) and best Christmas market in France, complete with German/Alsatian tradition. Look for carol singing choirs, Nativity plays and an ice rink.

Buy this: Stuffed white storks, ornaments and Nativity figurines.

Eat this: Gingerbread, mulled wine (served in boot shaped mugs), pretzels, roast chestnuts, bredele biscuits and Flammekeuche (a thin flan of bacon, onions and crème fraîche).

What else to eat in Strasbourg: Vosges honey, saucisse de Strasbourg, knackwurst, bratwurst, lewerwurst (liver sausage) and variations on pigs brawn terrine, Munster cheese, choucroute (like sauerkraut), eau de vie (plum spirit), linzertorte (spiced bread with honey, almonds, nutmeg, cloves and lemon) or kougelhopf (brioche with raisins and flaked almonds).



Stuttgart, Germany

Where: Between the cathedral and the castle.

When: Late November to December 23rd 2011.

What's special: 270 stalls against a backdrop of gable houses hung with fir branches and angels. A daily Christmas concert and Kinderland on Schlossplatz offers rides and fun activities like making candles. A short train ride out of the city, there the Esslingen Medieval Christmas Market (fire-eaters, live medieval music and costumed craftsmen making leather clothes, calligraphy, silver jewellery and hand-dyed clothing) and the Ludwigsburg Baroque Christmas Market.

Buy this: Wooden toys, glass balls, nutcrackers and sheepskin clothing.

Eat this: Sheep ham, sheep sausages, sheep's milk cheese, waffles, gingerbread, roasted almonds, and Hutzelnbrot (fruitcake). Drink Gluhpunsch (warmed wine with cinnamon and vanilla).

What else to eat in Stuttgart: Schwäbische flädlesuppe (typical local soup with strings of pancake in it), Maultaschen (meat and spinach stuffing in pasta pockets), Kässpätzle (Swabian cheese noodles), Schupfnudeln mit Kraut (potato noodles with cabbage) and Schokolade mit sahn. Try the local wines from Baden-Württemberg.

CHRISTMAS IN THE GULF

If you can't get away to Europe for Christmas, then set the AC to super chilly, decorate a plastic tree and get some gluhwein on the stove!

The recipe is simplicity itself:

Put a bottle of cheap red wine, two-thirds of a cup of sugar (or equivalent honey), juice and peel of a lemon, two cardamom pods, four cloves, two bay leaves and two cinnamon sticks in a heavy bottomed pan. Heat over a low heat and stir to melt the sugar. Don't let it boil, but let it bubble gently for about an hour. Serve in small mugs, draining the peel and spices. Hardcore Christmas fans might want to add a slug of brandy or kirsch...

Food for the Weekend

- Lighter takeaways
- Cooking with a manicure
- Lazy picnic lunch
- Special celebration dinner

86 Provençal omelette cake



80 Tri-Pepper Crunch



94 Crisp prosciutto, pea & mozzarella salad with mint vinaigrette



75 Italian bean & olive salad



Entertain
in style!

Lighter takeaways

Healthier Thursday or Friday night favourites

Recipes JUSTINE PATTISON

Photographs GARETH MORGANS



Fish and chips

SERVES 4 • 40 minutes • Easy

WHY IT'S LIGHTER Bake rather than fry chips and shallow fry the fish.

4 medium potatoes, cut into thick wedges
sunflower oil

1/2 tsp paprika

100g white breadcrumbs

1/2 lemon, finely zested

2 tbsp plain flour

1 medium egg, beaten

4 x 125g sustainably sourced thick white fish fillets
lemon wedges to serve

1 Heat the oven to 200C/fan oven 180C/gas 6. Toss the potato with 1 tbsp oil, paprika and some seasoning. Put on a baking tray and cook for 30 minutes, turning once, until golden and tender.

2 Mix the breadcrumbs and lemon zest, season then tip onto a plate. Put the flour on another plate and the egg in a shallow bowl.

3 Dust the fish in the flour, dip in egg, then coat in breadcrumbs. Heat 1 tbsp oil in a large non-stick frying pan and fry the fish for 2 minutes on each side until it is crisp and golden brown. Transfer the to a baking tray and cook on a shelf above the chips for 8-10 minutes depending on thickness. Serve with chips and lemon wedges.

PER SERVING 350 kcals, protein 30g, carbs 40.6g, fat 8.6g, sat fat 1.3g, fibre 2g, salt 0.74g



Lamb kebabs with minted yoghurt

SERVES 4 • 25 minutes + marinating • **Easy**

WHY IT'S LIGHTER Low-fat yoghurt and lemon juice make a reduced-calorie marinade, and lean lamb keeps the fat low.

250g low-fat natural yoghurt

1 lemon, juiced

2 garlic cloves, crushed

1 tsp cumin seeds

1 tsp ground coriander

1/2 tsp dried chilli flakes

4 x 160g, lamb leg steaks trimmed and cut into chunks

2 small red onions, each cut into 8 wedges

4 wholemeal pitta breads

1 tbsp mint leaves, finely chopped

1 Put 150g of the yoghurt, lemon juice, garlic, and spices in a bowl. Add the lamb, season and stir. Chill for 1 hour.

2 Heat the grill to high. Thread the lamb and onion onto metal skewers then grill for 8-10 minutes until cooked, turning occasionally.

3 Mix the remaining yoghurt and mint with a pinch of sugar. Serve the lamb with pittas, salad and minted yoghurt.

PER SERVING 465 kcs, protein 43.4g, carbs 41.2g, fat 15.2g, sat fat 6.6g, fibre 4.4g, salt 1.29g



Skinny pizza with prosciutto, mozzarella and leaves

SERVES 2 • 20 minutes • **Easy** **P**

WHY IT'S LIGHTER A tortilla base and light mozzarella cut the calories.

2 large flour tortillas or wraps

4 slices prosciutto, torn into strips

125g ball light mozzarella, drained and sliced

50g baby salad leaves

1/2 tsp balsamic and olive oil to dress

TOMATO SAUCE

2 large tomatoes, ripe, roughly chopped

1/2 onion, finely chopped

2 cloves garlic, crushed

1/2 tsp dried chilli flakes

1/2 tsp golden caster sugar

pinch dried oregano

1 Put all the sauce ingredients in a small pan, season well and simmer for 10-12 minutes until thickened. Blend until smooth.

2 Put the tortillas on baking sheets and spread with the sauce. Add the prosciutto and mozzarella. Season. Grill for 2 minutes until the cheese has melted. Top with salad and drizzle with the balsamic and 1/2 tsp olive oil.

PER SERVING 341 kcs, protein 23.1g, carbs 32.3g, fat 14.2g, sat fat 6.1g, fibre 2.8g, salt 2.1g



Chicken bhuna

SERVES 4 ● 40 minutes ● Easy

WHY IT'S LIGHTER A tomato base and lean skinless chicken breast make the curry lower in fat.

sunflower oil

- 2 medium onions, halved and finely sliced
- 4 garlic cloves, finely chopped
- 25g ginger, peeled and finely chopped
- 2 green chillies, finely chopped (take out the seeds if you like)
- 2 heaped tsp cardamom pods, seeds crushed
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp fennel seeds
- juice of 1/2 lemon
- 4 skinless chicken breasts, cut into pieces
- 400g tin chopped tomatoes

1 Heat 1 tbsp oil in large non-stick frying pan and cook the onion until soft and lightly coloured. Add the garlic, ginger and chilli and cook for 2 minutes more. Sprinkle the spices over and fry for a minute.

2 Stir in the lemon juice and chicken and cook for 2 minutes. Pour the tomatoes into the pan, add 150ml water, a pinch of salt and sugar and bring to a simmer. Cook for 15 minutes, stirring occasionally. Serve with steamed basmati rice.

PER SERVING 240 kcals, protein 36.9g, carbs 11g, fat 5.6g, sat fat 0.9g, fibre 1.9g, salt 0.36g



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Lazy lunch in the garden

When you're having friends over for a summer lunch, the last place you want to be is stuck in the kitchen. My prepare-ahead menu means you get to enjoy the weather, too **BARNEY DESMAZERY** Food editor

Outdoor menu

To serve 8

- Prawn bruschetta skewers
- Antipasti peach platter
- Stuffed pork medallions **P**
- Italian bean & olive salad
- Chunky barbecue potato slices
- Cherry, almond & lemon mascarpone tart

Prawn bruschetta skewers

SERVES 8 Easily doubled ● PREP 10 mins plus soaking ● COOK 3-5 mins

Easy Low fat

200g/7oz cooked large prawns (you want about 16), defrosted if frozen
¼ ciabatta, focaccia or a baguette loaf, cut into cubes
1 tbsp olive oil
1 garlic clove, finely sliced
1 lemon, halved
handful parsley leaves, roughly chopped
you will also need 8 skewers

1 If using wooden skewers, soak them in water for 1 hr before using. If the skewers are really long, use kitchen scissors to halve. On each skewer, thread the tail of the prawn, then a cube of bread, then the top of the prawn so the prawn loops the bread. If the prawns aren't big enough, just alternate prawns and bread, so each skewer has 2 of each. Drizzle with olive oil and scatter with garlic. *The skewers can now be kept in the fridge for several hrs.*

2 Cook over the hot coals until the bread is toasted. While still on the barbecue, squeeze over the lemon. Then remove, season, drizzle with a bit more oil and scatter with parsley. Arrange on a plate or in a small jar sticking up, with a glass of something light, cold and very fizzy.

PER SERVING 140 kcals, protein 10g, carbs 20g, fat 3g, sat fat none, fibre 1g, sugar 1g, salt 0.96g



RAIN OR SHINE...

Cook the skewers indoors on a griddle pan or under a hot grill until the bread is toasted.

Antipasti peach platter

SERVES 8 ● PREP 5 mins ● NO COOK

Easy

An easy, no-cook platter that's brilliant for entertaining. If you can't get ripe peaches, use quartered figs or slices of melon instead.

4 of the ripest peaches, stoned and cut into eighths

12 slices prosciutto

50g/2oz chunk Parmesan, shaved with a peeler

1 red chilli, deseeded and very finely chopped

2 handfuls rocket

very good-quality olive oil grissini, to serve

Arrange the peaches, prosciutto and Parmesan on a large platter, sprinkle over the chilli and scatter the rocket to finish. Just before serving, drizzle with a little oil. Serve with breadsticks to add crunch.

PER SERVING 134 kcals, protein 7g, carbs 5g, fat 10g, sat fat 3g, fibre 1g, sugar 4g, salt 0.61g

WANT TO GET AHEAD?

- Prepare the pork medallions up to a day ahead. Chill until you light the barbecue, then give them an hour to come to room temperature.
- Prepare the peppers for the salad, and cook and cool the potatoes, up to a day before. Blanch and refresh the green beans in the morning.
- The pastry case for the tart can be baked blind, filled with frangipane and baked in the morning, the cherries stoned and the mascarpone mix made – all ready for last-minute assembly.
- Prepare the skewers a few hours before cooking and keep chilled.



Prawn bruschetta skewers

Stuffed pork medallions

SERVES 8 ● PREP 10 mins ●

COOK 10 mins **Easy**

16 boneless pork loin steaks or medallions

large bunch sage, leaves picked (you need 32 leaves)

125g ball mozzarella, sliced into 16 pieces

2 lemons, halved

a little olive oil

you will also need some cocktail sticks

1 To prepare the pork, lay a medallion on a board. Using the tip of a sharp knife, make a deep pocket in the side without cutting all the way through. Wiggle the knife so the pocket is bigger in the middle than it is at the opening. Stuff each pocket with a piece of cheese and a sage leaf. Thread a cocktail stick through the opening to close the pocket, then press another sage leaf on top of each medallion. Squeeze over juice from one of the lemon halves. *The medallions can be prepared a day ahead and kept in the fridge.*

2 To cook, wait until the coals are ashen. Drizzle medallions with a little oil and, starting with the sage-leaf side, barbecue medallions for 4 mins on each side, cooking them in batches if needed. While the medallions cook, barbecue the lemon halves, cut-side down, until charred, for squeezing over. Season and serve.

PER SERVING 384 kcal, protein 58g, carbs 2g, fat 16g, sat fat 7g, fibre none, sugar 1g, salt 0.42g

IF IT'S TOO HOT...

To cook the pork indoors, heat oven to 160C/140C fan/gas 3 with a large baking tray inside. Griddle the medallions in batches until well marked on each side, then transfer them to the baking tray to keep hot and finish cooking.



Italian bean & olive salad

SERVES 8 ● PREP 15 mins ● COOK 15 mins **Easy** **Superhealthy** Good source of vitamin C, counts as 2 of 5-a-day

2 yellow peppers

2 red peppers

300g/11oz green beans

300g/11oz cherry tomatoes, halved

1 tbsp small capers

2 handfuls black olives, stoned

4 tbsp olive oil

1 tbsp red wine vinegar

large bunch basil, leaves picked, large ones roughly shredded, small ones left whole

1 On the barbecue, under the grill or over a flame, blacken the peppers all over, then pop into a bowl and cover with cling film. Once cool, peel, deseed and cut into strips, keeping any juices.

2 Cook the beans in boiling salted water until crunchy but not squeaky, then drain and drop straight into iced water. To serve, toss everything together, adding the shredded basil at the last minute, and scattering with the small basil leaves to finish.

PER SERVING 102 kcal, protein 2g, carbs 7g, fat 8g, sat fat 1g, fibre 3g, sugar 6g, salt 0.27g

Chunky barbecue potato slices

SERVES 8 ● PREP 15 mins ● COOK 15 mins

Easy Good for you, Low fat

Cook the potatoes before the pork, while the coals are really hot.

4 large potatoes, unpeeled

a little olive oil

few fresh rosemary sprigs, leaves stripped

2 garlic cloves, very finely sliced (optional)

1 Slice the potatoes to the thickness of your little finger, discarding the rounded end pieces. Tip into a pan of cold salted water and bring to the boil. Simmer for 3 mins until just cooked, then drain. *This can be done a day ahead.*

2 Rub each slice with a little oil and barbecue until golden and charred on each side. Place in a dish and sprinkle with rosemary and garlic, if using. Drizzle with a little more olive oil, season with salt and serve.

PER SERVING 73 kcal, protein 2g, carbs 13g, fat 2g, sat fat none, fibre 1g, sugar 1g, salt 0.01g

RAIN OR SHINE...

You can cook the potatoes in a griddle pan, or simply serve them boiled and tossed in the olive oil and rosemary.



Glamorous pud
to serve a crowd

Cherry, almond & lemon mascarpone tart

SERVES 8 • PREP 30 mins plus 30 mins chilling • COOK 45 mins **Easy** **A**

Round off an idyllic afternoon with friends by presenting this stunning dessert and feeling doubly smug – not only have you whipped up a smart pudding, but it's also make ahead.

375g block dessert pastry

about 700g/1lb 9oz cherries, stoned

FOR THE FRANGIPANE FILLING

100g/4oz unsalted butter at room temperature

100g/4oz golden caster sugar

100g/4oz ground almonds

1 egg

splash of Disaronno or Marsala, if you have it

FOR THE MASCARPONE MIX

2 x 250g tubs mascarpone

zest and juice 1 lemon

140g/5oz icing sugar, plus extra for dusting

1 Roll out the pastry on a lightly floured surface to just thinner than a £1 coin. Use to line a 22cm loose-bottomed tart tin, leaving an overhang on the sides. Leave to chill in the fridge on a baking sheet. To make the frangipane, whizz everything together in a food processor until combined.

2 Heat oven to 200C/180C fan/gas 6 and line the tart case with baking parchment and beans. Bake for 20 mins, then remove parchment and beans, lightly prick the base with a fork and continue to bake for 10 mins until pale biscuity. Spread the frangipane over the base and return to the oven for 15 mins until cooked. Remove from the oven, trim the sides of the pastry and leave to cool completely.

3 Beat the mascarpone with the lemon zest and juice and the icing sugar. Spread over the frangipane. Arrange the cherries on top, dust heavily with icing sugar, remove from the tin and serve.

PER SERVING 847 kcal, protein 8g, carbs 68g, fat 62g, sat fat 30g, fibre 3g, sugar 50g, salt 0.44g

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Cooking with a manicure

Farah Sawaf, the fashionable foodie behind the newly launched recipe website Cooking with a Manicure shares four easy, delicious, healthy recipes your children will love



So Farah so good! Last month *BBC Good Food ME* was thrilled to hear about the launch of an exciting new recipe site. Aimed at you trendy foodies out there that don't have the luxury of time on your hands, Cooking with a Manicure is the solution for quick, creative recipes that ooze style and flavour.

Not surprisingly, Farah has been very busy getting the website up and running while still juggling her own PR and marketing company, and caring for her young family. She, better than anyone, knows the struggle to produce healthy and nutritional meals for the family after a hard day's work.

Farah has created fun, healthy foods that is (most importantly for mums) very appealing to kids. Using only natural produce and no artificial flavourings, she captures the fun of food with her quick and very unique recipes..

Here are some of Farah's vibrant dishes sure to be a hit this summer with all the family.

Thick Pasketti Spaghetti

Growing up, my brother and I would refer to spaghetti as 'pasketti', and it's one of my all time favourite comfort foods. The lusciously thick sauce is delicious to mop up with bread... and you'll want every single drop.

It's easy to shake things up; once you've mastered this recipe, try it with spinach fettuccine or another intriguing pasta.

SERVES 4 to 6 • 1 hour 20 minutes

Note: for vegetarians, this can work without the ground beef, just add one more cup of mushrooms, ½ cup extra red pepper/capsicum, and use vegetable broth rather than beef

Recommended nail polish colour for this recipe: Cinnamon

- 2 tsp extra-virgin olive oil**
- 1 medium yellow sweet onion, chopped**
- 4 to 5 cloves of garlic, crushed**
- 1 ½ to 2 pounds lean ground beef (¾ to 1 kilo)**
- 1 cup chopped fresh mushrooms**
- ½ cup red pepper/capsicum, chopped**
- 2 16-ounce or 450g cans whole tomatoes (NOTE: Use 3 cans if you want it more saucy)**
- 1 6-ounce can Italian-style tomato paste**
- 1 fresh tomato, chopped**
- 2 cups water**
- 3 tbsp dried oregano**
- 1 tbsp dried thyme**
- 1 tbsp ground cinnamon**
- 1 tsp white sugar**
- ½ cup beef broth**



Those sweet fries

Healthy fries sound almost like an oxymoron, but with this easy recipe, it isn't make-believe.

The trick is selecting the right potatoes. At the grocery store make sure you give the potato a tiny scratch with your fingernail. If it's a nice bright orange underneath the peel, it's the potato for you.

These fries are such conversation starters. You can eat them plain or dip them with sour cream and chives. Between bites, your guests will be asking for the recipe.

SERVES 4 • 35 minutes



¼ tsp crushed red pepper
1 tbsp kosher or sea salt
¼ cup chopped fresh basil
1 x 500g package whole wheat or half wheat spaghetti
extra-virgin olive oil
freshly grated Parmesan cheese

1 In a very large saucepan, sauté onion and garlic in olive oil over medium heat. Cook until soft and translucent. Add ground beef and sauté another 6 minutes or so. Add mushrooms and red capsicum. Cook for an additional 4 minutes.

2 Stir in cans of whole tomatoes, tomato paste, chopped tomato, water, oregano, cinnamon, sugar, beef broth crushed red

pepper and salt. Reduce heat to low and simmer for one hour, stirring occasionally. Stir in fresh basil.

3 In a large pot, boil 2 litres of water over high heat. Add a few pinches of table salt. Put the pasta into the boiling, salted pot and cook for approximately 7 minutes, or according to package directions. Try tasting a noodle periodically until you like the texture. Drain the pasta into a colander and add a drizzle of extra-virgin olive oil to separate all pasta noodles.

4 Serve in two large bowls, one for sauce and other for pasta. This leaves option for people to spoon as much sauce over the desired amount of pasta. Serve with Parmesan cheese on the side.

2 large sweet potatoes peeled, cut into skinny style French fry strips

1 tbsp olive oil

1 tsp ground cumin

¼ tsp cayenne pepper or ground chili powder

¼ tsp paprika

½ tsp cinnamon

1 clove of garlic, crushed

½ tsp kosher salt or specialty salt (Himalayan or Lava salt gives it such a nice flavour as there is a bit of an extra crunch to the texture)

1 Pre-heat the oven to 400 degrees (205 degrees Celsius).

2 Place cut sweet potatoes in a big bowl of cold water for 15 minutes. Rinse and pat dry with paper towels so they are dried off.

3 In a large bowl, toss all ingredients together until potato pieces are evenly coated with olive oil and spices.

4 Place potatoes in a single layer onto a baking sheet. Cook for 25 minutes on rack set on the bottom shelf of the oven. Keep your eye on them to crisp them to your preference. Allow to cool for 5 minutes and serve immediately.

Some people do not like these fries baked, so if you must, fry in a medium pot of vegetable oil approximately 350 degree Fahrenheit (177 Celsius) for about 2 minutes, remove, cool for few minutes and fry again at 365 degree Fahrenheit (185 Celsius) for 1 minute. This will makes them extra crispy. Place finished fries over paper towels to soak up excess oil. Season with salt and serve immediately



Tri-Pepper Crunch

I love making this colourful, crunchy treat for my family. The finished product is lovely to display and most importantly, tastes great.

These individual little squares of colour are fun to eat one at a time, or go crazy piling them up on top of each other, then crunch away.

If you are short on time, feel free to use the ready-made dough or even puff pastry if you want a more flaky texture.

SERVES 6 to 8 • 45 minutes

Recommended nail polish colour for this recipe: Pout Them Lips

DOUGH

- 1 ½ cup all purpose flour**
- ½ tsp sugar**
- ½ tsp salt**
- ½ cup water**
- 1 tbsp extra-virgin olive oil**

- 1 ½ tbsp active yeast**
- 2 tbsp cornmeal, so that the dough does not stick on pan**

TOPPING

- 1 package reduced fat cream cheese, preferably whipped**
- ½ cup chopped green onion**
- ½ cup chopped orange pepper/capsicum**
- ½ cup chopped yellow pepper/capsicum**
- ½ cup chopped red pepper/capsicum**
- Pinch of kosher salt to taste**
- ¼ freshly ground black pepper**

1 In a very large saucepan, sauté onion and garlic in olive oil over medium heat. Cook until soft and translucent. Add ground beef and sauté another 6 minutes or so. Add mushrooms and red capsicum. Cook an additional for 4 minutes.

2 Stir in cans of whole tomatoes, tomato paste, chopped tomato, water, oregano,



"I always whip this up when I really don't know what to make, and it always hits the spot! Something about a warm tuna sandwich accompanied with potato chips is just a fun, easy, light way to fill your appetite and lick your fingers!" says Farah about her Melted Tuna Sandy.

cinnamon, sugar, beef broth crushed red pepper and salt. Reduce heat to low and simmer for one hour, stirring occasionally. Stir in fresh basil.

3 In a large pot, boil 2 litres of water over high heat. Add a few pinches of table salt. Put the pasta into the boiling, salted pot and cook for approximately 7 minutes, or according to package directions. Try tasting a noodle periodically to gauge whether you like the texture. Drain the pasta into a colander and add a drizzle of extra-virgin olive oil to separate all pasta noodles.

4 Serve in two large bowls, one for sauce and other for pasta. This leaves option for people to spoon as much sauce over the desired amount of pasta. Serve with Parmesan cheese on the side.

Paul's celebration cake

Paul's berry sponge

SERVES 10 ● PREP 45 mins ●

COOK 25 mins

Moderately easy ● unfilled

Making a whisked G noise sponge takes more time and skill than a classic Victoria, but is well worth the effort as it has a much lighter, more airy, texture. I've used summer berries for this one but it works just as well in the autumn using a compote of gooseberries or poached plums and, of course, lots of whipped cream!

50g/2oz butter, melted, plus extra for greasing

250g/9oz plain flour, plus extra for dusting

250g/9oz caster sugar plus 1 tbsp

8 medium eggs

600ml pot double cream

400g punnet strawberries, halved

180g punnet blueberries

150g punnet raspberries

icing sugar, to dust

1 Heat oven to 190C/170C fan/gas 5. Brush 2 x 20cm cake tins with melted butter, line the bases with baking paper, then dust well with flour tipping out any excess. Set aside.

2 Put the sugar and eggs in a large heatproof bowl, then set it over a pan of barely simmering water. Whisk with an electric hand whisk for about 7 mins or until the mixture is pale and has trebled in volume. Remove from the heat, then slowly pour in the butter folding it in as you pour until it is completely mixed in.

3 Gently fold the flour and a pinch of salt into the egg mixture, then pour into your prepared cake tins. Cook for 25 mins until the cake is golden and risen – a skewer pushed into the cake should come out clean. Allow the cakes to cool for a few mins in the tin, then remove and cool completely on a wire rack.

4 Meanwhile, whip the cream until it just holds its shape, then set aside. Whizz about a quarter of the strawberries with 1 tbsp sugar until smooth, then fold this pur e through the cream so you get a ripple effect.

5 To assemble the cakes, cut each one in half horizontally. Put one sponge on a serving place, spread a quarter of the cream mix on top, then

Paul Hollywood, judge on BBC Two's *Great British Bake Off*, makes the most of British summer berries by piling them onto a stunning sponge



dot a quarter of the blueberries and raspberries around the edge. Repeat this step two more times, put the last layer of cake on top (save a top half of cake for the top layer), spread the remaining cream over, then put the blueberries and raspberries around the edge and pile the strawberries in the centre. Dust with icing sugar just before you serve.

PER SERVING 621 kcs, protein 9g, carbs 55g, fat 42g, sat fat 22g, fibre 2g, sugar 35g, salt 0.26g

TIP

If you'd prefer a slightly smaller cake, make a double-layered version. Simply whip half the amount of cream, then stir through the strawberry pur e, as left. Spread half of this on top, dot with half the blueberries and raspberries, then sandwich with the second sponge. Use the remaining cream for the top of the cake, dot the berries round the edge, then pile the strawberries in the middle before dusting with icing sugar.

WEEKEND

Special celebration menu

Last year Mary Cadogan and her family joined forces to cater for her sister's wedding – with great success. Here Mary shares her menu and know-how to create the perfect spread for a memorable summer occasion

Photographs ROGER STOWELL

PARTY MENU FOR 20

NIBBLES & DRINKS

- Duck & beetroot toasts
- Skewered melon & prosciutto
- Ricotta & spinach filo bites
- Citrus peach cooler
- Pink fizz with raspberries

MAINS

- Lamb cutlets with herb relish
- Lemon chicken with tarragon dressing

SIDES

- Lettuce & fennel salad with orange & mustard dressing
- Slow-roasted tomatoes & rocket
- Provençal omelette cake
- Potato, red onion & olive salad
- Aubergines with garlic & herb dressing

DESSERT

- Orange berry wedding cake



Orange berry wedding cake

Getting the party started

Tempt your guests' tastebuds with a selection of these easy make-ahead appetisers



Duck & beetroot toasts

Put 250g chopped beetroot, 1 small chopped red onion, 1 tbsp red wine vinegar, a little finely grated orange zest and 2 tbsp olive oil into a food processor and work to a rough purée. Slice a **baguette** thinly and brush slices on each side with **olive oil**. Arrange in one layer over a baking sheet and bake at 200C/fan 180C/gas 6 for 8-10 mins until the bread is crisp and golden. Leave to cool (this can be done the day before serving).

To serve, spread a little **duck pâté** onto each toast and top with a spoonful of beetroot relish. For a veggie option, substitute the pâté with goat's cheese. Makes about 20.

Skewered melon & prosciutto

Quarter and deseed 1 **ripe cantaloupe**. Peel, then cut the flesh into about 40 bite-size chunks. Cut **12-14 slices prosciutto** into 3 long strips each, then wrap a strip around each melon chunk. Secure with a cocktail stick. Makes about 40.



Ricotta & spinach filo bites

Ricotta & spinach filo bites

MAKES 60 • PREP 1 hr • COOK 15-18 mins •

Moderately easy  

2 tbsp olive oil

1 bunch spring onions, finely chopped

200g/8oz frozen leaf spinach, thawed,

well-drained and finely chopped

200g pack feta, drained

250g tub ricotta

1 tbsp chopped dill

2 eggs, lightly beaten

20 sheets filo pastry

175g/6oz butter, melted, for brushing

1 Heat oven to 200C/fan 180C/gas 6. Line two baking sheets with baking parchment. Heat the oil in a pan, then cook the spring onions for 1-2 mins until softened. Add the spinach and cook for a few mins more until any liquid has evaporated. Remove from heat.

2 Pat the feta dry with kitchen paper, then crumble it finely into a large bowl. Add the

ricotta, dill and season with pepper. Taste, then add a little salt if needed. Add the eggs and spinach mixture, then mix well.

3 Unfold the filo and cut into three pieces lengthwise, cutting through all of the sheets at once. Take out 3 sheets and wrap the remainder tightly to prevent them from drying out. Brush the 3 strips lightly with melted butter. Fold in half lengthwise so they are half the length, then brush again with butter. Place 1 tsp of the mixture on the end of each strip, fold a little pastry over the filling, then fold in the edges. Loosely roll to form a cigar. Place on the baking sheets, a little apart, then finish making the rest. Can be frozen in a large plastic container for up to 3 months.

4 Brush the tops with butter, then bake for 15-18 mins until lightly golden and crisp.

PER BITE 57 kcalories, protein 2g, carbohydrate 3g, fat 4g, saturated fat 2g, fibre none, sugar none, salt 0.3g

The main event

There's something for everyone – succulent lamb cutlets, a smart chicken salad and tasty veggie option (overleaf)



Fresh summer flavours

Lamb cutlets with herb relish

SERVES 20 with other dishes ● PREP 30 mins
● COOK 30-40 mins **Moderately easy** 🍴

4 x 7-8 bone racks of lamb, French-trimmed

FOR THE ALMOND CRUST

50g/2oz blanched almonds

1 garlic clove

1 tbsp Dijon mustard

FOR THE HERB RELISH

large bunch parsley (about 50g/2oz)

good handful mint

2 tbsp capers

3 anchovy fillets

1 garlic clove

1 tbsp red wine vinegar

200ml/7fl oz olive oil

1 Heat oven to 180C/fan 160C/gas 4. Put the almonds and garlic in a food processor and process to a rough paste. Brush the fat side of the racks with a little mustard, then press the almond crust onto it. Roast for 30-40 mins until the lamb is browned on the outside and pink inside. Leave to cool, then wrap in foil and chill for up to 24 hrs.

2 Put all the herb relish ingredients in the food processor and process to a rough paste. Pour into a small bowl. When ready to serve, cut the lamb between the bones into little cutlets and arrange over a platter. Spoon a little herb relish onto each or serve separately in a small bowl.

PER SERVING 204 calories, protein 7g, carbohydrate 1g, fat 19g, saturated fat 6g, fibre none, sugar none, salt 0.29



Lemon chicken with tarragon dressing

SERVES 20 with other dishes ●
PREP 30 mins ● COOK 1 hr 30-40 mins
Moderately easy 🍴

2 chickens, about 1.6kg/3lb 8oz each

4 small lemons

2 tbsp olive oil

1 tbsp clear honey

FOR THE DRESSING

200g tub crème fraîche

2 tbsp chopped tarragon

zest and juice ½ lemon

6 Little Gem lettuces

1 Heat oven to 190C/fan 170C/gas 5. Wipe the chickens and season them inside. Using a skewer, prick the lemons all over, then put two inside each chicken. Tie the legs together, place in separate roasting tins, then brush each with 1 tbsp oil. Roast for 1 hr, then brush the skin with a little honey and season with salt and pepper. Roast for a further 30-40 mins until the chickens are well-cooked and glossy. Remove from the tins and leave to cool. They can now be wrapped in foil and stored in the fridge for up to 24 hrs.

2 To make the dressing, whisk together the crème fraîche, tarragon, lemon zest and juice, remaining oil, salt and pepper.

3 To serve, separate the leaves from the Little Gems, then arrange over two platters. Remove the breasts from the chickens in one piece, then pull the meat from the legs and wings and shred it. Cut each breast into 7-8 pieces. Put a little brown meat in each lettuce leaf, then top each with a slice of breast. Just before serving, drizzle a little dressing over each piece of chicken.

PER SERVING 184 calories, protein 14g, carbohydrate 1g, fat 14g, saturated fat 6g, fibre none, sugar 1g, salt 0.57g

Meat-free centrepiece

Vegetarians will love you for offering them something that looks colourful and celebratory



Lettuce & fennel salad with orange & mustard dressing

Quarter, core and finely shred **1kg young fennel** (this can be done on a mandolin or using the slicing blade of a food processor). Whisk together **6 tbsp orange juice** and **2 tbsp Dijon mustard** with salt and pepper, then whisk in **3 tbsp walnut oil**. Pour the dressing over the fennel and leave to marinate for up to 24 hours. Tear **2 cos lettuces** or **8 Little Gems** into bite-size pieces. Put in a large bowl, then tip in the fennel and dressing. Toss everything together and serve.

Slow-roasted tomatoes & rocket



Heat oven to 140C/fan 120C/gas 1. Halve **20 medium tomatoes** and put on baking sheets, cut sides up. Brush each lightly with a little olive oil and sprinkle with salt and pepper. Strip the leaves from a few **oregano sprigs** and sprinkle over the tomatoes. Cook for 2-3 hrs until semi-dried. Leave to cool, then pack into a plastic container and chill for up to 24 hrs.

When ready to serve, scatter a **100g bag rocket** over a platter and arrange the tomatoes on top. Drizzle with a **little olive oil** and **balsamic vinegar**, then scatter over **2 tbsp toasted pine nuts**.



Delicious veggie option

Provençal omelette cake

SERVES 10 • PREP 45 mins • COOK 40 mins **Moderately easy**  

10 eggs
1 tbsp olive oil, plus extra for frying and drizzling
2 courgettes, finely chopped
3 spring onions, thinly sliced
4 roasted red peppers from a jar, drained and finely chopped
1 garlic clove, crushed
1 red chilli, deseeded and finely chopped
FOR THE FILLING
300g/10oz soft cheese, such as light Philadelphia
5-6 tbsp milk
4 tbsp snipped chives
2 tbsp chopped basil
rocket leaves and shaved Parmesan, to serve

1 Break the eggs into two bowls, five in each. Whisk lightly and season with salt and pepper. Heat the oil in a pan, add the courgettes and spring onions, then fry gently for about 10 mins until softened. Cool, then stir into one bowl of eggs with a little salt and pepper. Add the roasted peppers to the other bowl of eggs with the garlic, chilli, salt and pepper.

2 Heat a little oil in a 20-23cm frying pan, preferably non-stick. Pour the eggs with courgette into a measuring jug, then pour about one-third of the mixture into the pan, swirling it to cover the base of the pan. Cook

until the egg is set and lightly browned underneath, then cover the pan with a plate and invert the omelette onto it. Slide it back into the pan to cook the other side. Repeat with the remaining mix to make two more omelettes, adding a little oil to the pan each time. Stack the omelettes onto a plate. Make three omelettes in the same way with the red pepper mixture, then stack them on a separate plate.

3 Now make the filling. Beat the cheese to soften it, then beat in the milk to make a spreadable consistency. Stir in the herbs, salt and pepper. Line a deep, 20-23cm round cake tin with cling film (use a tin the same size as the frying pan). Select the best red pepper omelette and place in the tin, prettiest side down. Spread with a thin layer of cheese filling, then cover with a courgette omelette. Repeat, alternating the layers, until all the omelettes and filling are in the tin, finishing with an omelette. Flip the cling film over the omelette, then chill for up to 24 hrs.

4 To serve, invert the omelette cake onto a serving plate and peel off the cling film. Pile rocket on the top and scatter over the cheese, a drizzle of olive oil and a little freshly ground black pepper. Serve cut into wedges.

PER SERVING 231 kcalories, protein 15g, carbohydrate 4g, fat 17g, saturated fat 6g, fibre 1g, sugar 3g, salt 1.07g

Potato, red onion & olive salad

SERVES 20 ● PREP 20 mins ● COOK 15-20 mins

Easy  

1.5kg/3lb 5oz small new potatoes, cut into halves or quarters
 2 tbsp lemon juice
 1 tsp harissa or chilli paste
 1 red onion, finely chopped
 6 tbsp olive oil
 200g/8oz kalamata olives

Cook the potatoes in boiling salted water for 15-20 mins until tender, then drain well and tip into a large bowl. Tip the lemon juice, harissa, salt and pepper into a bowl and whisk well, then add the onion and olive oil and whisk again. Pour over the potatoes and olives, toss well, then leave to cool. *Can be covered and chilled for up to 1 day.*

PER SERVING 93 kcalories, protein 1g, carbohydrate 13g, fat 4g, saturated fat 1g, fibre 1g, sugar 1g, salt 0.48g

Aubergines with garlic & herb dressing

SERVES 20 ● PREP 25 mins ● COOK 30-40 mins

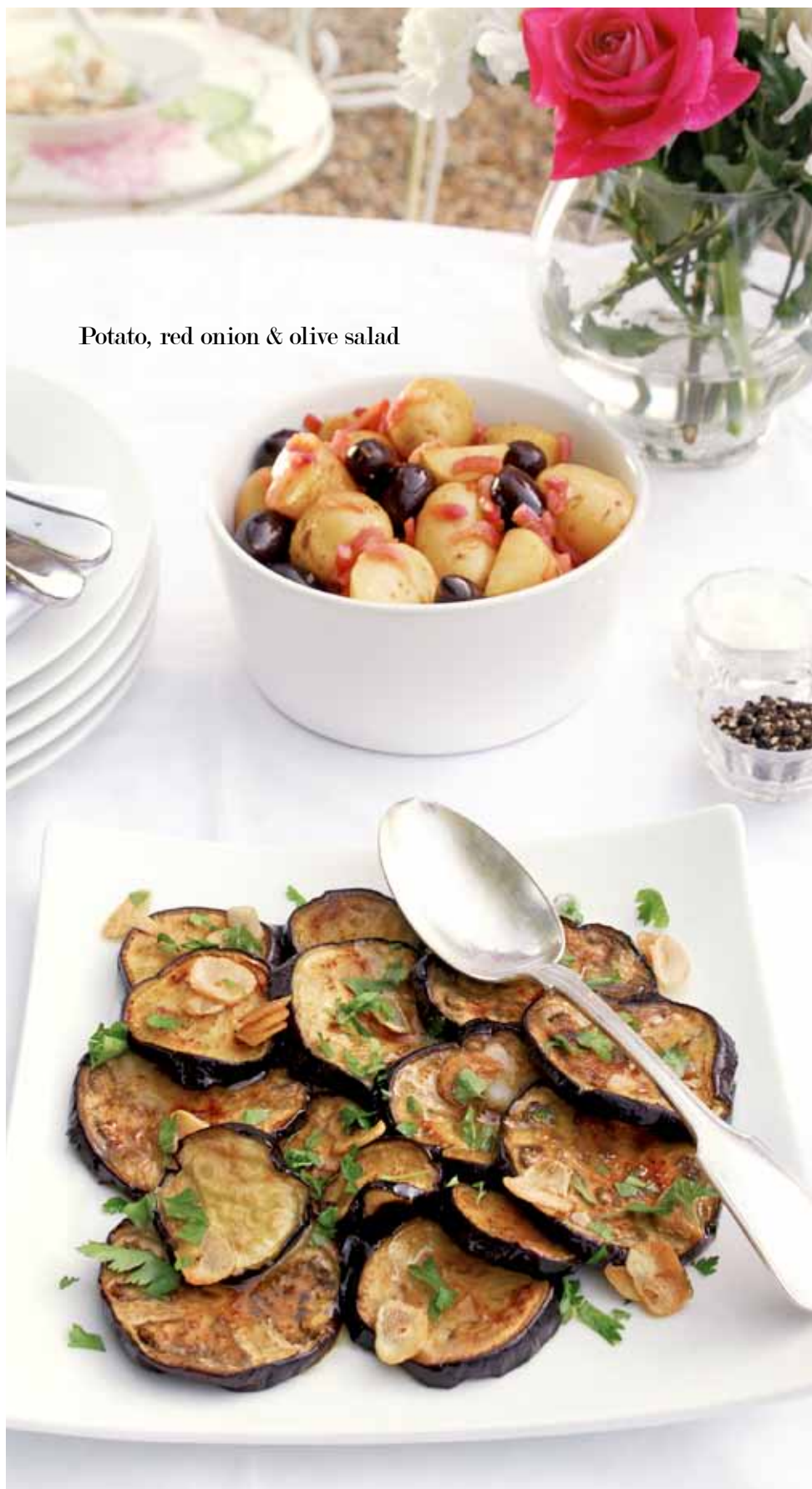
Easy  

An Italian-style sweet and sour dressing really works well with the meaty aubergines.

1kg/2lb 4oz aubergines, sliced into rounds
 100ml/3½fl oz olive oil
 5 tbsp red wine vinegar
 1 tbsp sugar
 4 garlic cloves, thinly sliced
 bunches mint and parsley, roughly chopped

1 Brush the aubergine on both sides with a little olive oil; you will need about 5 tbsp. Griddle, barbecue or grill the aubergine slices until lightly browned on both sides. Remove and arrange, overlapping, on a platter. This can be done on the previous day and chilled.
2 Heat the red wine vinegar with the sugar in a small pan until it has dissolved, then brush over the aubergine slices. Heat the remaining oil in a frying pan, add the garlic and fry quickly until lightly toasted, then pour the garlic and oil into a small bowl. Just before serving, scatter the garlicky oil and herbs over the aubergines.

PER SERVING 53 kcalories, protein 1g, carbohydrate 2g, fat 5g, saturated fat 1g, fibre 1g, sugar 2g, salt 0.01g



Potato, red onion & olive salad

Happy ending

Finish with slices of this light, berry-laden gâteau – it tastes as incredible as it looks

Orange berry wedding cake

SERVES 30-40 • PREP and COOK 2-3 hrs for the cakes, plus another 2-3 hrs for the other elements **For the confident cook** ❄️ sponges only 🍰

FOR THE 30CM CAKE

(halve these amounts for the 20cm cake)

50g/2oz butter, melted and cooled, plus extra for greasing

8 eggs

200g/8oz caster sugar

100g/4oz ground almond
zest 2 oranges

200g/8oz plain flour

1 tsp baking powder



1 Heat oven to 160C/fan 140C/gas 3. Butter and base-line a deep, 30cm round cake tin with baking parchment. Whisk the eggs and sugar together using a hand-held or tabletop mixer until the mixture leaves a trail when the whisk blades are lifted. This could take 8-10 mins, but don't skimp this step as it is crucial to the success of the cake.

2 Fold in the butter, almonds and orange zest using a large metal spoon, then sift in the flour and baking powder. Fold everything together lightly, then pour into the tin. Bake for 50-60 mins (30-40 mins for the smaller cake) until firm to the touch. Cool in the tin for 5 mins, then turn out, peel off the paper and leave to cool completely. The cakes can now be frozen for up to a month.

TO DECORATE AND PRESENT THE CAKES

1 quantity Orange sugar syrup (recipe, right)

800g/1lb 2oz fresh raspberries

22cm and 32cm round cake boards

200ml/7fl oz raspberry coulis

1 quantity Crème patisserie (recipe, right)

400g/14oz redcurrants

1 egg white

4 tbsp caster sugar

about 1.8kg/4lb Chocolate modelling paste (recipe, below right)

6 plastic dowelling rods

800g/1lb 2oz small strawberries

200g/8oz blueberries

icing sugar, for dusting

1 The day ahead of serving, split each cake in half; brush the cut edges with syrup. Lightly crush half the raspberries. Put the base of each cake on a cake board, then spread each with a layer of raspberry coulis. Scatter over the crushed raspberries followed by a thin layer of Crème patisserie (about one-third of the total amount). Cover with the other halves of the cakes, then chill.

2 Select about 6-8 long strands of redcurrant. Lightly beat the egg white and put the sugar in a shallow bowl. Brush redcurrants lightly with egg white, then coat lightly with sugar and arrange over a flat tray lined with baking paper. Leave overnight to dry out.

3 Spread Crème patisserie thinly over the tops and sides of the cakes. Measure the depth and circumference of the small cake, then roll one-third of the modelling paste into a sausage. Put this shape between two large sheets of baking parchment, then roll to the circumference of the cake and about 3-4cm more than the depth. If the paste splits, put it in the food processor with 1 tbsp oil and whizz it up, then re-knead and it should come back again to a smooth paste. Once rolled sufficiently, flip the whole lot over and peel away the uppermost sheet of paper. Trim the base of the paste in a straight line, leaving the top wavy. Carefully wrap the modelling paste around the cake with the straight edge to the base, pressing in the sides, then peel off the parchment. Repeat with remainder of paste for the larger cake.

4 Cut the dowels into equal lengths, about 2cm more than the depth of the larger cake, then insert 4 into the centre of the cake in a square formation, just smaller than the size of the smaller cake, then put two in the middle. On the day, place the smaller cake on top of the larger one, then fill around the edge of the large cake and the top of the small cake with the berries, finishing with the frosted redcurrants. Dust with icing sugar.

PER SERVING (30) 639 kcalories, protein 10g, carbohydrate 84g, fat 31g, saturated fat 16g, fibre 3g, sugar 64g, salt 0.37g

Orange sugar syrup

Put **4 tbsp caster sugar** in a small pan with 6 tbsp water and **two strips orange peel**. Heat gently, stirring until the sugar has melted, then boil hard for 2-3 mins until slightly syrupy. Cool, then stir in **4 tbsp Cointreau**.

Crème patisserie

Whisk together **6 egg yolks**, **3 tsp vanilla extract** and **140g caster sugar** using an electric whisk until the mixture is pale and thick. Whisk in **50g plain flour**. Boil **600ml milk**, then gradually whisk into the egg mix.

Return to the pan and cook over a gentle heat, whisking until the custard is thick and glossy. Cook gently, stirring for 2 mins more to cook out the raw flour taste. Remove from the heat and beat in **25g butter**. Spoon into a clean bowl, then cover closely with cling film (so it's in contact with the custard) and leave to cool. Whip a **142ml pot double cream**, then fold into the cool custard. Can be made up to 2 days ahead and stored in the fridge. Just before using, stir in a **500g tub crème fraîche**. This quantity makes enough to cover both cakes.

Chocolate modelling paste

MAKES about 1.8kg/4lb • PREP 10 mins • COOK 10 mins **Moderately easy** 🍳

1.25kg/2lb 12oz plain chocolate, broken up
700g/1lb 9oz liquid glucose (available from some supermarkets and most chemists)

1 Melt the chocolate in a bowl set over a pan of barely simmering water, then leave to cool for a few mins. Heat the glucose gently in a pan, then tip into a large bowl. Gradually beat the chocolate into the glucose, beating to a thick paste that leaves the sides of the bowl clean. Place in a polythene bag and leave for about an hour until set firm.

2 To use, knead lightly until slightly softened. Microwave on Defrost for 10-15 secs if really firm, then use as desired.



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Learn to cook mussels

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British mussels are cheap, sustainable and surprisingly simple to cook. Follow *Mary Cadogan's* step-by-step guide to preparing mussels

BUYING MUSSELS

It's best to buy from a good fishmonger or fish counter on the day you plan to cook them, if possible. Choose sustainably harvested mussels if they are wild (hand gathered) or farmed. Fresh mussels will have wet shiny shells and smell of the sea.

When you get home, rinse the mussels and put them in a large bowl covered with damp kitchen paper. Do not cover with water. Store them in the fridge for up to 24 hours until you are ready to cook them.

INGREDIENTS TO SERVE TWO

1kg/2lb 4oz mussels in shells
small glass white wine **A**
1 shallot, finely chopped
chopped parsley, to serve

EQUIPMENT

- Small sharp knife
- Colander
- Large pan with tightly fitting lid, preferably glass so you can see when the shells have opened
- Chopping board



STEP 1 Tip the mussels into the sink or a large bowl of cold water. Swish them around with your hands to wash them thoroughly. Use a small sharp knife to scrape off any barnacles attached to the shells. Discard any mussels with broken shells.



STEP 2 Pull off the beards using the knife to help you – they just need a good tug. The beard is the brown wispy bit hanging out of the join in the shells. Not all mussels will have beards.



STEP 3 If any mussels are open, tap them sharply against the side of the sink, worktop or with a knife. If they don't close, discard them – they are dead and not edible.



STEP 4 Rinse the mussels again in fresh cold water to remove any bits of shell or barnacle, and drain in a colander. Tip the mussels into a large pan, then add the wine and chopped shallot. The pan should not be more than half full – the mussels need plenty of space to move around so that they cook thoroughly.




STEP 5 Set the pan over a high heat and cover tightly with a lid. When the pan starts to steam, cook the mussels for 3-4 mins, shaking the pan from time to time to ensure they cook evenly. They are cooked when the shells have opened. Mussels that have not opened are fine to eat if they can be easily opened.



STEP 6 Remove the pan from the heat to stop the mussels cooking any further. Sprinkle with chopped parsley, then spoon them into warmed bowls and pour over the pan juices.

Mussels with tomatoes & chilli

Serves 2 Easily doubled ● PREP 20 mins ● COOK

8-10 mins **Easy**  **Superhealthy** Good source of iron and omega-3, counts as 1 of 5-a-day *This dish makes a fantastic supper for two on a warm late summer evening.*

2 ripe tomatoes
2 tbsp olive oil
1 garlic clove, finely chopped
1 shallot, finely chopped
1 red or green chilli, deseeded and finely chopped
small glass dry white wine
1 tsp tomato paste
pinch of sugar
1kg/2lb 4oz cleaned mussels
good handful basil leaves

1 Put the tomatoes in a heatproof bowl. Cover with boiling water, leave for 3 mins, then drain and peel. Quarter the tomatoes and scoop out and discard the seeds using a teaspoon. Roughly chop the tomato flesh.

2 Heat the oil in a large pan with a tight-fitting lid. Add the garlic, shallot and chilli, then gently fry for 2-3 mins until softened. Pour in the wine and add the tomatoes, paste, sugar and seasoning (mussels are naturally salty so take care with the salt). Stir well and simmer for 2 mins.

3 Tip in the mussels and give them a stir. Cover tightly and steam for 3-4 mins, shaking the pan halfway through, until the shells have opened.

4 Discard any shells that remain shut, then divide the mussels between two bowls and add the basil leaves. Provide a large bowl for the empty shells.

PER SERVING 267 kcal, protein 20g, carbs 11g, fat 14g, sat fat 2g, fibre 1g, sugar 6.5g, salt 1.16g



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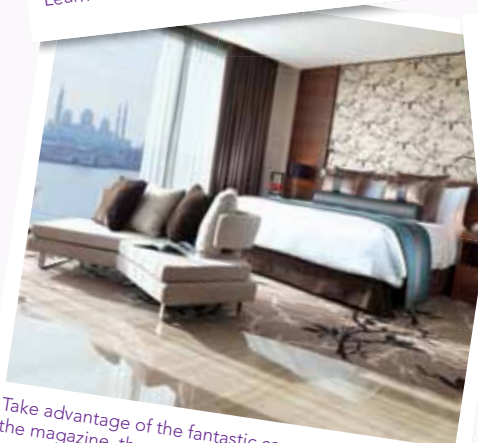
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PHOTOGRAPHS LIS PARSONS

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YOUR RELAXED MENU

- Crisp prosciutto, pea & mozzarella salad with mint vinaigrette
- Griddled rump steak with watercress, hazelnut & red chilli pesto
- Roasted garlic mash
- Fruit sorbet & tuile biscuits



Crisp prosciutto, pea & mozzarella salad with mint vinaigrette

SERVES 2 ● PREP 15 mins ● COOK 10 mins **Easy** **P**

4 slices prosciutto
100g/4oz peas, fresh or frozen
1 ball buffalo mozzarella (approx 125g), torn into large pieces

FOR THE VINAIGRETTE

juice ½ orange
1 tbsp olive oil
small handful mint, leaves finely chopped, plus extra small leaves to serve

1 Heat a frying pan. Without adding any oil, fry the prosciutto slices until wrinkled and crisp. Place on a sheet of kitchen roll, leave to cool, break into large shards, then set aside.

2 Boil the peas in a pan of salted water for 2 mins until just tender. Meanwhile, mix all the vinaigrette ingredients together, season, then set aside. If making ahead, do not add the chopped mint until ready to serve, as it will discolour. When the peas are cooked, drain, then run them under cold water until completely cool. Pat dry with kitchen paper.
3 To serve, divide the mozzarella between 2 plates, scatter the peas over and sit the prosciutto shards on top. Drizzle the dressing over and around, and scatter with the mint leaves.

PER SERVING 372 kcals, protein 25g, carbs 11g, fat 26g, sat fat 12g, fibre 5g, sugar 4g, salt 2.23g

GETTING AHEAD

- Up to a day before Toast the hazelnuts and roast the garlic in the oven at the same time. Cool and store at room temperature. Make the vinaigrette for the starter, leaving the mint out, and chill.
- On the day Make the mash ahead, then reheat.
- Up to an hour before Fry the prosciutto, cook and cool the peas. Reheat briefly before serving. Whizz up the pesto. Get the steak out of the fridge and let it come to room temperature.



Griddled rump steak with watercress, hazelnut & red chilli pesto

SERVES 2 • PREP 15 mins •

COOK 10-15 mins plus resting **Easy**

50g/2oz blanched hazelnuts

1 red chilli, deseeded and roughly sliced

85g/3oz watercress

1½ tbsp olive oil, plus extra for griddling

1 tbsp balsamic vinegar, plus 2 tsp

2 rump steaks, about 140g/5oz each

1 Heat oven to 180C/fan 160C/gas 4. Place the hazelnuts in a baking tray, then toast in the oven for 5-10 mins until golden (you can roast the garlic for the mash at the same time). Leave the nuts to cool a little. Put the cooled nuts, chilli, 50g of the watercress, 1½ tbsp olive oil, 1 tbsp balsamic and some seasoning in a food processor, then blitz until finely chopped. The mixture shouldn't be too smooth – there should still be some texture to the nuts. Set aside.

2 Heat a griddle pan until smoking hot. Rub the steaks with a little oil, then season both sides with salt. Cook the steaks on the griddle for 2 mins on each side – this will give you medium rare (cook for 3 mins for medium or 4 mins for well done, if you prefer). Remove from the griddle, then sit on a plate for 5 mins to rest. Stir any juices from the resting steak into the pesto – they're delicious and shouldn't be wasted.

3 To serve, divide the Roasted garlic mash (recipe, above right) between 2 plates, top with a little watercress, then sit a steak across it. Top the steaks with a large tbsp of the pesto and drizzle the rest of the balsamic over.

PER SERVING 475 kcs, protein 37g, carbs 4g, fat 35g, sat fat 7g, fibre 2g, sugar 4g, salt 0.24g

KNOW-HOW

When griddling meat and vegetables, always oil the food and not the pan.

This will ensure that there is no excess oil to drip between the ridges of the griddle and burn, which will taint your food and create a lot of smoke. To watch a video showing how to cook your steak perfectly, visit bbcgoodfood.com

TO FINISH...

Choose a good-quality peach or mango sorbet and place a few scoops into bowls. Pour over a few tablespoons of a sweet pudding wine – I like Brown Brothers' Orange Muscat & Flora (£5.88/37.5cl, larger supermarkets). Eat with crisp biscuits to dunk into the wine, and finish off the bottle at your leisure! 🍷

Roasted garlic mash

SERVES 2 • PREP 10 mins •

COOK 30 mins **Easy** **V**

Roasting the garlic before mixing it through the mash gives it a mellow flavour that will go beautifully with the buttery potato.

3 large garlic cloves, unpeeled

400g/14oz floury potatoes, peeled and cut into chunks

85g/3oz salted butter

3 tbsp milk

1 Heat oven to 180C/fan 160C/gas 4. Place the garlic cloves in a shallow tray, then roast for 20-30 mins until the skin is yellowed and cracked. (This can be done at the same time as the hazelnuts for the pesto.) Meanwhile, boil the potatoes for 15-20 mins until tender. Drain and mash with the butter and milk, then season well.

2 When the garlic is done, squeeze the flesh from the skin and stir through the mash. Keep warm while you prepare the steaks.

PER SERVING 485 kcs, protein 6g, carbs 37g, fat 36g, sat fat 22g, fibre 3g, sugar 3g, salt 0.72g



Great Scott

Scott Price, executive chef of Hilton Dubai Creek, which is the home of Verre by Gordon Ramsay shares a last bite with *BBC Good Food ME*



What is your earliest food memory? When I was a young child, my gran would take me down the old bumpy tracks near our village in Scotland, where the hedgerows were lined with bramble (blackberry) bushes. When our baskets were filled with fruit, we would return home, wash the berries and turn them into jam. Then I would help her to make drop scones on the griddle, which we'd eat with the freshly prepared jam- this is my earliest food memory and it's a good one!

When did you know you wanted to become a chef? I started washing dishes in the hotel across the road from my house in Gretna Green in Scotland when I was (insert age here). I used to help out chopping vegetables and making sandwiches and salads etc; I always loved the buzz and excitement in the kitchen and from that moment I knew I didn't want to be anywhere else.

You have done so well in your career, at such a young age. What are some of your most memorable moments? I was lucky enough to work with some incredible chefs while I was growing up and learnt a huge amount from them. In 2002, when I was 21 I won the Scottish National Heat in the Gordon Ramsay Scholarship and this proved to be a big moment for me. Along with five others I went to London for the final, where I met and cooked for a number of highly respected chefs. This experience opened my eyes – I realised how much there was to learn and how many great opportunities were available to me.

When I was promoted to senior sous chef at Gordon Ramsay's Claridges, it was a big thing for me. It meant that alongside the head chef, I was responsible for running a Michelin-starred kitchen, helping to write menus and looking after a brigade of 40-plus cooks. This very challenging, rewarding experience taught me how to maintain a consistently high standard while running a very busy operation and ensured that I was very organised!

What was the most important lesson your learned from Gordon Ramsay? I have been lucky enough to work closely with Gordon and be involved with the cooking and food styling for some of his books and TV shows. What always shines through with Gordon is his dedication; it doesn't matter if he's making a simple pancake batter or a complex dish, everything is perfectly executed and is the best it can be. He applies this mantra to anything that he does in life.

If you had to describe Gordon Ramsay in one sentence, what would you say? Gordon is one of the most honest, supportive, hard working, focused people I have ever had the pleasure of working with and his passion and desire for excellence are there for everyone to see.

How would you describe the food concept at Verre? Nick and I have always wanted to keep things simple – we concentrate on showing ingredients off and

letting their flavours speak for themselves. For this reason, we use the best produce available to us and cook them using both modern and classic techniques.

How have you, and head chef Nick Alvis, changed/put your stamp on the menu since you joined the team? When Verre was re-launched last February it was a great opportunity for us to start again with a blank canvas and completely new team, with new experiences and ideas. Gordon gave us an opportunity to cut our teeth here and we are always trying to improve and evolve our menu whenever we can.

What is the most challenging part of your day?

Running a busy hotel is always a challenge. For me, the most important part is making sure that everyone is ready for service in the various outlets, ensuring that the standards are maintained throughout.

What gives you the most joy in the job? I love creating new dishes and working with the team, passing on the knowledge that Nick and I have amassed over the years and hopefully inspiring and adding to their love of food and cooking. But the most joyful things is being in Verre during a busy service, creating food for a restaurant full of happy guests- the buzz, excitement and adrenaline that this provides will never get boring!

When creating food for friends at home, what type of dishes do you like to cook? I have always believed that you should spend your time at the table with your guests, not in the kitchen, so I try to keep things simple with dishes that can be prepared ahead and finished with relative ease (so you can enjoy a glass of wine too). For a dessert I love vanilla cheesecake with fresh peaches, raspberries and strawberries.

If you were stuck on a desert island and could request one decent meal – what would it be? One decent meal, that's a difficult one to decide on! Probably a pressed terrine of foie gras with fig chutney and loads of brioche to start, then the main course would have to be battered cod, chips, mushy peas and lots of vinegar and for dessert, fresh white peaches, raspberries and strawberries with greek yoghurt and honey.

If Gordon Ramsay was coming for dinner tomorrow night, what would you cook him and why? I would keep it simple, a nice light salad to start. but for main course I would definitely do beef wellington with plenty of mash potato, roasted vegetables and red wine sauce, all the work is in the preparation which can be done hours before and then you just need to bake it in the oven and carve at the table. Perfect. For dessert, probably as my desert island desSert because its such a great fresh way to finish a meal.



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